

THE
INTERNATIONAL

OCTOBER
1947

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

COLLEGE STUDENT GUEST
EDITORIALS: ON

*"Outgrowing Alcoholic
Culture"*

SCIENCE BUILDING.
BEREA COLLEGE, BEREA, KY.



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THE INTERNATIONAL STUDENT

OCTOBER, 1947

Vol. 45, No. 1

HARRY S. WARNER, *Editor*

The Contest of 1946-47

IF ANYONE today is under the impression that college students are *accepting without question*, the drink customs, practices, attitudes and pseudo-culture that seem to be popular, he may well read what some of them have said in the Student Guest Editorial Contest reported in this specialized number of **THE INTERNATIONAL STUDENT**.

Under the general theme, "Outgrowing Alcoholic Culture," these student writers present a keen and interesting variety of ideas, facts, views, and facets of philosophies that must tend to produce fundamental thinking—by themselves and others—and later constructive action. These Guest Editors express thinking by college undergraduates in 36 colleges in 24 states and one Province of Canada. They suggest that much realistic thinking is going on, quietly, perhaps, but much more widely than is generally believed.—EDITOR.

Renewing the Contest for 1947-48

A NEW STUDENT EDITORIAL Contest, with the same prizes, \$500.00 and similar regulations as those of the past year, begins with October, 1947. It is open to undergraduates in Canada and the United States.

THEME: "*Applying Preventive Medicine to Alcoholism.*"

Entries should be in the form of editorials, 600 to 800 words in length. They must be based on study research but the writer's own presentation and conclusions will be considered as most important factors. For information write EDWIN H. MAYNARD, Contest Secretary, 909 Webster Ave., Chicago 14, Ill.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April and May.

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Outgrowing Alcoholic Culture

By FRANKLIN PARKER

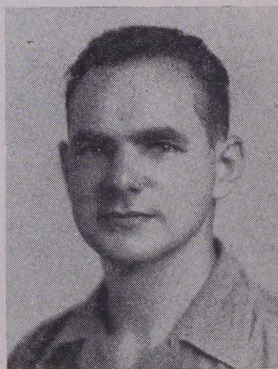
Berea College, Berea, Ky.

I HAVE NEVER KNOWN an alcoholic who wasn't a fool. I have never met one or talked with one that didn't admit it. I know because I was both: an alcoholic and a fool, and I knew it, even in the depths of my depravation.

Our family lived in a neighborhood that boasted of its toughness. We were of the strong fibre of Irish-Americans that came through the Golden Gate from beloved Eire in the terrible years of the potato famine. Most of us worked on the docks loading the big ships that traveled to the far corners of the world. We worked hard and lived hard. Our parents raised us children in the new and wonderful American scene with just a dash now and then, in the quiet evening's talk, of the green hills and happy incidents of the homeland that was still so strong an influence upon the older folk.

NOTE: The articles by college students, which constitute this issue, are the winning editorials in the GUEST EDITORIAL CONTEST of the *Intercollegiate Association for Study of the Alcohol Problem* for the college year 1946-47.

Under the theme, "*Outgrowing Alcoholic Culture*," some students wrote on the topic as a whole; others chose particular aspects. The prizes totaled \$500 in addition to several monthly awards offered by THE INTERNATIONAL STUDENT and published during the year. See page 10.—EDITOR.



FRANKLIN PARKER
FIRST PRIZE WRITER

In my family, of which I was the youngest, one brother married and the other, Tom, worked with father at the back-breaking task of a dock-hand. But I'm sorry to say that it was a trait of those in my environment to drink just as hard as they labored. I have seen my father lift and carry one hundred and fifty pounds of cargo up many a gangway and stow it aboard ship, hour after hour. And I have also seen him consume quantities of whisky and get miserably drunk. On these occasions my mother would put him quietly to bed and watch over him. I recall the way she kissed me when she tucked me in my bed. I remember her wistful gaze and the tender way she would say, "Don't *you* hurt me, son." I would snuggle close to her and rub my cheek against her face. "Yes, Mama," I would say, "Don't worry. Everything's going to be all right."

But like the others I, too, quit school when I was fifteen years of age because it was easier to make money working as my father and my brother were doing. When the day's labor was over and done with, it was our habit to frequent one of the bars that swarmed the streets just off the waterfront and there satisfy our thirst with quantities of beer. Sundays and holidays were festive occasions—for whisky was then a special treat.

One day a tragedy struck that changed my ways and altered the course of my life. Tom came home in a drunken stupor, stumbling down the middle of the street. There was a screech of brakes and the car that hit all but severed his right leg. I can never forget the anguish in my mother's eyes. I remember her sitting in her rocking chair, with the brown shawl covering her head, telling me of her ancestors that had been men and women-folk of fine quality; how they had saved frugally to send their children on to the university; of her grandfather who had been mayor of his township, and her brother who had once been nominated as a candidate for Parliament. "Make something out of yourself," she said. "Break away before it's too late."

When I was in school I had developed a love for books. The sea-adventure stories of Jack London and Joseph Conrad first delighted me and had made me want to read and learn

more of life and the world. Now I wanted to take up again the schooling I had foolishly thrown away and perhaps go to college.

By my good mother's inspiration I finished high school at night while I still worked during the day. Through the start she gave me with the small sum of money she had saved, I entered college and made a beginning toward the something better I had dreamed about. She it was, God rest her soul, who was the saving of myself—of my self-respect and of my dreams for the future.

I found that drinking was the curse of idleness; that when my mind was busy with books and learning, and my hands with work, I had no desire for liquor. The taste of it became rancid and I left it alone altogether.

When my life had been empty of purpose I followed the evil example set by the elders in my community. When the desire to better myself came strong upon me, I hurled myself into work with studies and found that fullness comes with accomplishment—clean, pure, and satisfying. Nothing else was needed; I no longer desired to feed my empty dream with drink. I filled it with work—with the hunger of a quest for an education, for knowledge, and for growth. I wanted to know why the little things in life were little and the big things big, really *big*.

How to outgrow alcoholic culture? It is only by substituting something of real value for something that is cheap, vile, degrading—that robs you of physical strength and moral character, that makes a leech out of you, that brings tragedy to those you love.

An alcoholic remains an alcoholic because he doesn't know how to stop being one. Because something vital and worthwhile hasn't gotten hold of him. It takes an awful shock, a painful experience, and a helping hand to stop being an alcoholic and start being a man.

Some people never get that jolt; nothing strong enough has yet stirred the inertia of their lives. I was lucky; that jolt did come to me. Then, too, I had a mother who cared.

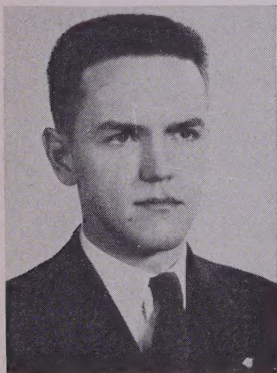
Men of Distinction

By VERNE E. EDWARDS, Jr.
State Teachers College, Platteville, Wis.

I WAS ENJOYING a favorite magazine during a quiet evening at home not long ago when I noticed something that brought my mind back again to that perplexing topic, "*Outgrowing Alcoholic Culture*." There before me was a particularly humorous cartoon portraying a queer looking couple, obviously prohibitionists.

The woman was an ungainly creature with the typical "holier than thou" look of what is supposed to be a female campaigner against liquor. The male half of the scene was depicted by a gaunt character (all in black, of course) who was referring to the air's being like "grape juice"—instead of wine! I had a good laugh at that as did many others who saw it in the same issue.

I thought again about how often in my daily life I am led to believe that liquor is an indispensable part of CULTURED LIFE. The actual whisky advertisements have relatively little influence on me, but the more subtle inferences I am led to draw from my reading and from the movies I see are the element that have built an undeniable, though doubting, respect in my attitude toward the magic fluids that are the accepted marks of the "better things of life."



VERNE E. EDWARDS, JR.
A SECOND PRIZE WRITER

How can a young man in the immature, formative years of life choose abstinence from the evils of alcohol when he matches the comparatively unglamorous preachings against drink with the overpowering undercurrents of propaganda that are foisted upon him not only by those interested in the liquor trade but also by those in a position to know better, by those whom he re-

spects for high achievement in many fields?

The army presents an excellent small scale example of the way one's thoughts are led along such lines. If a young man in service attains the rank of a commissioned officer, he is virtually ostracized from the social advantages of his hard-won position in the event that he refrains from drink. The finest mind can hardly withstand the indirect pressure to indulge that is brought to bear by his fellow officers and "gentlemen." Overseas, there is the liquor ration that is the "privilege" of his class in the army.

Meantime, the less fortunate enlisted men look upon the drinking privileges of their officers either as the mark of their distinguished superiors, or, as is more often the case, an unfair advantage of the pampered brass. Either attitude builds a deep respect for that which should be looked down upon, LIQUOR.

In civilian life, it is much the same way. If a man climbs the social ladder he is almost invariably confronted somewhere along the line with the offer of a drink—refusal may mean a mark against the "wet blanket."

It is easy to say that a man is admired for standing up to those who would mislead. It is easy to say that the teetotaler has all the more glory for his abstinence in the face of such temptations.

But, unfortunately, human beings are not constructed along martyrological lines. The percentage of those who would forego the wasteful expenditures on liquor, those who would avoid the dangers of alcoholism, those who would make the highways safer by removing drunken or partially tipsy drivers, and those who would build a finer, morally healthier civilization through the abolition of foolish indulgence in the cheap thrills of liquor will rise only through a complete re-education of all the peoples of the world.

That remedy is a drastic, *almost* impossible undertaking, but such an evil that has been so universal a curse against man throughout the ages requires nothing less drastic. We need the formation of a distinguished men's group that will drive against the use of liquor as some now drive against other vices and crime.

Let someone gather together the names of all the influen-

tial, talented people in the world who do frown upon the use of alcohol and present them as examples of real MEN OF DISTINCTION who do not indulge. Let there be novels written that will attack liquor subtly even as it is so effectively advertised in the same manner now. The light children's "wild west" movies give us an example on which we should enlarge when they portray screen heroes as men too good to risk their abilities in the fumes of liquor. Let liquor come to be a mark of social weakness and even disgrace as dope is now.

Then we will have outgrown alcoholic culture.

What is Wrong with Moderation?

By JOHN E. SWORDS

Cornell College, Mount Vernon, Ia.

ALMOST EVERYONE dislikes and disapproves of real drunks except when in the same sorry state; and many make not even that exception. They curse their own weakness, for they seem unable to resist when opportunity invites them to forget all good resolutions. How did they get that way? At one time or another they had been moderate drinkers only and proud to be able to say, "I know when to stop." However, this condition was a stepping stone.

During this respectable condition the slogan "drink like a gentleman" produced the illusion that this was possible, though careful inspection will show the futility of the effort. Alcohol has the remarkable ability to put weary brains to sleep; and it begins at the delicate point that controls the higher refinements of behavior. The increased vocal volume is only one indication that the gentleman has relaxed his manners since the first drink and that the more primitive impulses have begun to take over. The best behavior and drinking are incompatible.

A good many of those who drink with the intention of self-control are found in positions which require supervision and personnel work. Confronted with the task of counseling

problem drinkers under their responsibility, they must ask themselves the question, "What do we aim to do for the man?" Why not help him to be just a moderate drinker? For the alcoholic it is indefinitely harder to keep in line than to abstain entirely. An expert on personal counseling in this field may advise the supervisor to quit drinking himself and be a fighting companion to the man desiring freedom.

Beyond the immediate consequences and social implications of moderate drinking we have the sad prospect of seeing a man so well intentioned arrive at the years when the greater crises hit a life, not having the necessary backbone to uphold him. If the man has drunk for the effect, then, time and time again, he has practiced evasion from difficulties which he could have faced with an alert mind and with courage. He has neglected to build the reserves necessary for this day. Thus it does not suffice to say that alcohol ruins personality, but booze also steals the man's chance of normal growth through victories over obstacles.

There are a good number of desires in all of us that can be conveniently caressed by alcohol, especially when opposing reason can be, to a degree, silenced by the intention to be moderate. (1) The effective release and alleviation from the world's cares and worries has in itself a psychological value, if one disregards the usual consequences. (2) The person at a party does not necessarily want to be witty and use the highest capacities of his mind, for he is afraid to appear snobbish. Substituting the otherwise well guarded and sometimes interesting animal impulses makes a man look like showing his real self which is to his friends more appealing than cultured inhibitions. (3) Drinking also gives the strong and big man a means to excel in being able to "take a lot," which is really a contest with maximum



JOHN E. SWORDS
A SECOND PRIZE WRITER

enjoyment at a minimum of conscious effort. (4) Furthermore, social advancement often "forces" the prospect to conform to the customs of the higher bracket of society into which he hopes to move.

The last point alone seems sufficient a cause to perpetuate alcoholism as a social custom; and social customs are not changed in any other way than by changing the desires of those of influence. The younger generation, as well informed of the facts and consequences of alcoholism as may be, moving up and learning at the hands of the one that has the favors to give, cannot be relied upon to make the clean sweep. It is up to our social institutions, schools and churches, and the country's writing men to attack the whole front. Religious work can provide the necessary psychological release through its spiritual offerings. Many community clubs provide creative activities. Personal advisory work can do great things in helping to integrate a person so that he prefers to be his highest self with all his senses rather than to resort to a lower level of life. The aim should be to make men and women proud not of conformity, but of ability to contribute to social good and advancement.

HONORS AWARDED IN CONTEST

FIRST PRIZE \$200

"Outgrowing Alcoholic Culture," FRANKLIN PARKER, Berea College, Berea, Ky., class of '49, English; member Twenty Writers club, program chairman Y.M.C.A.; army air-force three and one-half years; future plan, writing.

Second Prizes, \$50 Each

"Men of Distinction," VERNE E. EDWARDS, Jr., State Teachers College, Platteville, Wis.; class of '47, science; sports editor, then co-editor college bi-weekly; three years in the army air force; plans to teach this coming year; life-purpose, journalism.

"What is Wrong with Moderation?" JOHN E. SWORDS; Cornell College, Mount Vernon, Iowa, class '49; born in Switzerland, youth in Germany, of American

I AM delighted with the College Student Guest Editorials. I believe your contest has performed an important service.—Joy Elmer Morgan, Editor, Journal of the National Education Association, Washington, D.C.

WITH high confidence in the powers of education and educational leadership, we seek the natural, non-alcoholic Way of Life for modern culture as the healthful and realistic course of the future.—The International Student.

parents; twenty-five months in Navy, radio technician; preparing for the ministry, philosophy as major.

Ten Prizes, \$20 Each

"Strength versus Weakness," VERGIE GILLESPIE, Alderson-Broadbush College, Phillipi, W. Va.

"I'm a Big Boy Now," KENT PRELL, Calvin College, '50, Grand Rapids, Mich.

"Rum and Coca Cola," ELLA MAE SIZER, State Teachers College, Kearney, Nebr.

"Outgrowing Alcoholic Culture," KAYTON ROY GUVAKOSKY, University of North Dakota, Grand Forks, N. D.

"Stop and Think," C. R. HALFORD, Sir George Williams College, Commerce '48, Montreal, Canada.

"Substitutes for the Alcoholic Crutch," JAMES H. OGDEN, Jr., Western Maryland College, Westminster, Md.

"Alcoholism, a Threat to Millions," ELLIOT SENDEROFF, Syracuse University, Syracuse, N. Y.

"Sweden's Solution," GILBERT L. GEIS, University of Stockholm, Sweden, and Colgate University, Hamilton, N. Y.; exchange student.

"The Camel That Stuck His Head in Our Tent," OVE PREUS, Luther College, Decorah, Ia.

"Alcohol—the Social Crutch," RAY A. FRAKES, State Teachers College, Kearney, Nebr.

Honorable Mention

"Let's Do Something About Alcohol," DWAIN WILCOX, Cornell College, Mt. Vernon, Iowa.

"An Ounce of Prevention," EARL S. CHACE, Jr., Atlantic Union College, South Lancaster, Mass.

"Outgrowing Alcoholic Culture," RUTH E. HOLLAND, Manchester College, N. Manchester, Ind.

"They Tarry Long at the Wine," LOIS LEE REEVES, Fisk University, Nashville, Tenn.

"Alcoholism Among College Students," MARTHA L. QUILTY, Rhode Island College of Education, East Providence, R. I.

"Alcoholic Social Practices and Their Cures," LOUIS A. RACHOW, York College, York, Nebr.

"Outgrowing Alcoholic Culture," J. D. THEUS, Centenary College, Shreveport, La.

Judges

Prof. Curtis D. Mac Dougall, Medill School of Journalism, Northwestern University, Chicago, Ill.

Dr. Elmer Joy Morgan, Editor, *Journal of the National Education Association*, Washington, D. C.

Miss Dorothy Kahn, Central News Bureau, *Christian Science Monitor*, Chicago, Ill.



CONTEST SECRETARY
EDWIN H. MAYNARD, MEMBER EXECUTIVE COMMITTEE, INTERCOLLEGIATE ASSOCIATION; EDITORIAL ASSISTANT, "THE CHRISTIAN ADVOCATE," CHICAGO, ILL.

Strength versus Weakness

By **VERGIE GILLESPIE**

Alderson-Broadbush College, Philippi, W. Va.

DRINKING HAS BECOME an accepted social custom supposedly attendant upon gracious living. The majority of drinkers get their start by meekly conforming to this "crowd standard."

Before we can get a toehold in climbing the barriers to solve the liquor problem, we must face the facts squarely. One of them is that not all drinking results in gutter drunkards, murders, or beaten children. Fifty million moderate drinkers constitute a greater menace. According to research and statistics, it is the person with a few drinks,, which have increased his self-confidence and decreased his powers of co-ordination and quick thinking, who causes the accidents and commits the crimes. Not all moderate drinkers wreck automobiles or disturb the peace, however; they do contribute to the demoralization of themselves and the whole society.

It will take intelligent study and planning, followed by vigilant action, to counteract years of subtle advertising designed to portray alcoholic beverages as an indispensable part of correct living. A wealthy industry has seen to it well that people grow up with the idea that drinking, moderately, of course, (sic!) is the admirable, cultured thing to do. It is time to grow past that idea—in other words, time to grow up in our thinking. !

This is an age of realism. People will accept reality, and once the tragic deceitfulness of the drinking fallacy is exposed, they will see truths that will revolutionize their thinking.

The deception of the whole situation is so obvious to the right-thinking individual that it makes the efforts at solving the problem seem almost ridiculous. One wonders just why any person with the available information and an average amount of intelligence lets himself be duped into thinking that he cannot afford to forego the pleasures and benefits of drinking.

But, ridiculous or tragic, fifty million people and millions more to be influenced must be shown the light.

Why is drinking an accepted social custom? It is definitely anti-social. No nation denies that drinking is detrimental to its progress, social and otherwise. What is social about that which causes poverty, immorality, crime, and general unhappiness of mankind? Paradoxically, no one admires the drunkard; he is held in contempt because he "can't take it," yet he is a part of that society; everyone respects and admires the alert, clean looking athlete, yet he refuses to indulge even moderately in such social (?) acts.

If people would only think enough to realize that the reasons why a person drinks are reasons which appeal to his weakness, perhaps the picture would change. Drinking is never thought of in that light. Clever advertising has seen to that.

The non-drinker is called a sissy, often, yet no one will deny that it takes more strength to refuse a drink than to take it. Drinkers, trying to escape reality, are the cowards. Those who meet the challenges of life courageously have to have what it takes.

What is there of strength in letting a habit dominate one's life? We most admire those who show self-control.

There is nothing admirable about that which brings out the worst in one—the silly, morose, vulgar side which could not get the upper hand in one's sober moments.

The *really strong*—physically, mentally, socially, and morally—as scientists, athletes, technicians, *top-notchers*, do not drink. Impressionable young people should be enlightened on that score.

The ridiculous aspect again appears—with a grimly humorous question: *HOW* can millions kid themselves into believing that the answers to their questions are in a mockingly bottomless bottle?

The drinking hoax must be exposed in all its weakness and deceit, at best, only a temporary escape drug which leaves its victims a little more beaten and frustrated.

It is not a part of human nature to be loyal to that which will fail one. If drinkers can be shown that they are giving themselves to a vicious delusion, if potential drinkers are

given a chance to choose intelligently, unswayed by diabolical propaganda, the way to take strength or weakness, great growth will be made in outgrowing a doomed culture.

I'm A Big Boy Now

By **KENT PRELL**

Calvin College, Grand Rapids, Mich.

WHEN A YOUTH reaches the age of eighteen, one of his greatest aspirations is to be twenty-one—and a man. Since wishing will not grant him this desire he begins to imitate his elders, thinking that by so doing he will be regarded as an adult—one of the “boys.” Drinking is much too often considered mature and therefore desirable to the younger element. And much too often the older element fosters this feeling. An appropriate way of determining a boy’s mettle is to see how much he can “take.”

When he reaches the age of twenty-one he wants to show his friends and acquaintances that he is an experienced man of the world; . . . astute and worldly-wise, not to be trifled with. One of his standards of sophistication is the degree of ease and confidence he can display while taking a drink of hard liquor.

The most dangerous phase of drinking comes with the age of twenty-four or twenty-five. Men of this age prefer to call themselves “social drinkers,” and they attempt to prove that drinking isn’t really an undesirable practice—that is, if one does not imbibe too freely. Actually, of course, they defeat and disprove this conviction. When such individuals gather at a party, the first cocktail is the just-to-be-social one, and invariably calls for a second. This cycle continues with each successive drink and with each successive party, until the phase of social drinking, with its accompanying feeling of false exhilaration, is replaced by chronic alcoholism.

In the schools today much of this I’m-a-big-boy-now attitude is prevalent among both boys and girls.

Excerpt only. Published in full in April '47, INTERNATIONAL STUDENT.

Outgrowing Alcoholic Culture

By **KAYTON ROY GUVAKOSKY**

University of North Dakota, Grand Forks, N.D.

TIME AND MONEY have been spent on research for a more cooperative effort by the public in helping to control the alcoholic problem. The basic essential of obtaining the desired results is starting at the source of the evil, which is the home. The home is the most important place for future generations to learn to avoid the evils found through drinking alcoholic beverages.

When we come into this world we . . . do not know right from wrong; through the guidance of our parents we learn to distinguish right from wrong, and the other characteristics which are to comprise our basic beliefs. By this mode we shall guide our behaviour throughout life. . . .

A majority of the cases in court today are the results of drinking, either directly or indirectly. This will be reiterated time and again by problems of delinquency in any of our towns or larger cities. I do not wish to put the entire blame on the parents; however, they could help to avoid many delinquency charges filed against teen-agers. The following is an excerpt from a newspaper telling what the defense attorney said in his summary concerning two sixteen-year-old youths who killed a man in trying to get his car to use in a \$5,000 kidnaping plot. "These kids are like the leopards who can't change their spots. I know what's wrong and so do you gentlemen," he said. "Too damned many bridge playing mothers, too many cold suppers for son and father to come home to; too much afternoon drinking and evening drinking."

The solution to alcoholism lies in the home and I sincerely believe that if the father and the mother were to inculcate in

Excerpts from the editorial.

their children the desire to refrain from drinking they certainly would keep that ideal throughout their lives. It would be impossible to prevent all drinking and we could not hope to bring it about in a few years. However, I do believe that if we were to start with the family and try to bring about reasonable restraint within the family for the present, we will have started on the road to world wide control of the alcoholic beverages. With this start to their advantage, our non-drinking children could carry it through to our goal, "Out-growing Alcoholic Culture."

Rum and Coca Cola

By **ELLA MAE SIZER**

State Teachers College, Kearney, Nebr.

DO YOU KNOW that America has turned mutely away from the greatest single health problem she has ever faced? While millions are spent combating infantile paralysis, tuberculosis, and cancer, the citizens of this country choose to ignore the tremendous problem resulting from drunkenness. Statistical reports, current books and magazines tell the shocking story of insanity, venereal disease, absenteeism from industry, hit and run accidents, rape, and divorce resulting from the use of liquor. Perhaps your hometown newspaper, too, has recently carried the death notice of a respected gentleman of the community, a gentleman whose friends know he died of the D. T.'s. . . .

The results of the use of alcoholic beverages are well known. Note I do not say the intemperate use of alcoholic beverages, for moderation in the drinking of alcohol is indefinable. A noted author answers the question, "What is moderate use?" by saying, "This is a problem to which research has not as yet given answer. This distinction between moderate and excessive use is indefinite; practically unknown to experts." It is estimated that in our country we have fifty million persons who drink, of whom three to four million drink excessively. Of those who drink excessively, there are seven hundred and fifty thousand chronic alcoholics; yet

Excerpts from the editorial.

forty-five million "moderate" drinkers refuse to recognize the fact that these chronic alcoholics are recruited from their own ranks. . . .

It is obvious that the solution to the problem of alcoholism depends upon the attitudes of our youth. Let us, therefore, consider the drink habits of the teen-agers and college students. American youth have the money to buy liquor. With the experiences of war have come new emotions and new feelings of independence. Yet it would seem unreasonable to blame inflation and the war for the fact that three of the four places most frequented by the college students in our own city are those where the students may drink beer or mix their coca cola with rum. Nor can we ignore the startling rise of crimes committed by youngsters under the influence of liquor. It is interesting to note that 30 per cent of all persons who become alcoholics begin heavy drinking between the ages of 17 and 21.

Why does the younger set drink? Authorities agree that the liquor interests have worked untiringly in their efforts to accomplish precisely what they have accomplished. A well-known student of this subject says this of the liquor interests, "They are buying beautiful and expensive advertisements in most of the magazines and other publications to usher in an era in which everybody drinks whisky and where rising generations will get the impression that intoxicating liquor, rather than bread, is the staff of life." . . .

Is there a solution to our problem? It is imperative that we begin immediately a counter-propaganda campaign which will equal the brilliance of the campaign of the liquor industries. High schools and colleges through visual education, curriculum courses, lectures and discussions can begin this campaign. The facts about alcohol must be taught carefully in a scientific manner. The dangers of *moderate drinking* must be made known. The public must be informed of the campaign being conducted by the liquor interests. It will be necessary to expend large amounts of money, amounts comparable to those spent by America's distilleries. It is only through reeducation that we can be freed of the evils of rum and coca cola.

Substitutes for the Alcoholic Crutch

By JAMES H. OGDEN, Jr.

Western Maryland College, Westminster, Md.

IN THE LAST two decades, because of advances in medical science, hundreds of pairs of crutches have found themselves languishing on city dumps. They have been replaced by marvelous prosthetic devices thanks to twentieth century medical technique. At the same time, however, it is discouraging to note that thousands of young people and adults in the United States still hobble about on the crutch of alcohol somewhat oblivious of the substitutes which would serve to send the alcoholic crutch the way of many other crutches.

People drink for all sorts of reasons. Some turn to alcohol in order to release the brakes or to escape. Others drink to be sociable or to gain a feeling of importance. Still others are led to drink because of environmental factors. A few even claim they like its taste. All in all, some fifty millions of Americans indulge in this wasteful pastime which is detrimental not only to the individual personality, but to society and the nation as a whole.

To say there are no substitutes for drinking would be an ignominious falsehood. Drinking is not a must even in the hub-bub and confusion of an atomic age. The answer to the problem of alcoholism in America lies in finding satisfactory means of physical and mental release without resorting to the damaging habit of drinking. Young people in particular need to discover these means during the formative years of their lives lest America in the years ahead become a nation of alcoholics. It is to the young people of the nation that this editorial is addressed.

The good effects many people seek in using alcohol (but never find) may be obtained in other and better ways. Ath-

letics of any kind, at school or in the community, organized or informal, afford young people an opportunity to let off steam. Sports no matter what their nature are one of the best ways to let down. Travel is a wholesome escape for those persons who feel escape necessary ; it makes it possible for one to "get away." These things not only bring desirable physical effects, but they also offer splendid opportunities for personal and social enrichment, and occasions for young people of both sexes to associate together in healthful body and mind building play.

Young people like adults need effective ways to forget—something alcohol cannot provide despite claims to the contrary. In the present day, movies and the radio are diversions available to nearly everyone. The book stores and libraries of the nation are filled to overflowing with good literature. Reading is an absorbing pursuit that offers inestimable dividends in broader experiences and wider horizons as well as relaxation and recreation. These things are resources which point the way to fuller living. They succeed, where alcohol fails, in providing a way to forget. They can build a stronger character and provide enlightenment where alcohol only tears down self-respect and moral integrity.

Emotional outlets, however, are just as necessary as physical and mental release. Here, too there are wholesome pursuits far more effective and worthwhile than drinking bouts or cocktail parties. Art of all forms, either in practice or appreciation are outlets for pent-up feelings. Pencil sketches at home or a trip to the museum are successful ways for one to air his inner emotions. Music is perhaps one of the best sources of genuine emotional satisfaction, and whether it be Bach or boogie-woogie, played or heard, it is sure to provide the needed emotional outlet. Hobbies of all kinds, from anagrams to zoology are creative experiences adding to the enrichment of life.

Young people also need insight and poise. These traits of character come only with age, experience and real discipline. Alcohol may appear to some as a short cut to the achievement of them, but it is not, and can only lead to disaster and regret. Other means of achieving them are available. Nature study (of anything under the sun) is closely related to the quiet

spirit. Meditation provides food for spiritual growth, and worship, whether public or private, makes possible opportunities for communion and fellowship. These things leave permanent impressions, make for stable personalities.

Alexander Pope many years ago said, "As a twig is bent so the tree's inclined." Today the young people of America are the twigs from which the trees, forming the bulwark of democracy, are developing. In an atomic age a lot of crooked timbers cannot be very substantial supports. Certainly in a world where physical well-being and mental alertness are of utmost necessity for the survival of mankind, citizens and leaders who must hobble about on alcoholic crutches will be sadly out of tune with the times.

Stop and Think!

By **C. R. HALFORD**

Sir George Williams College, Montreal, Can.

WE CAN'T cure a headache by taking an aspirin if its cause lies in the digestive system, so we have to work on the cause of the disease. The present generation of youth is most important. For them we must construct new conventions and reconstruct what was good in the old in order to combat the materialistic conceptions which are fast becoming established. It means the restoration of the family as the centre of activity, the cooperation of parents and teachers with churches and social organizations to provide outlets for youthful enthusiasm, the help of industrial and business leaders in encouraging the young people in their employ, the assistance of government in taxing liquor beyond the means of young people to procure it, and the power of the movie industry in ridiculing and belittling social drinking habits.

Excerpt only. A very similar contest article by Mr. Halford appeared in the April '47, INTERNATIONAL STUDENT.

Sweden's Solution

By GILBERT L. GEIS

Colgate University, Hamilton, N. Y., and University of
Stockholm, Sweden

THE SWEDISH PEOPLE have a reputation for sedateness and solemnity that exceeds even that of the English. Swedes rarely rush anywhere, and there is a popular saying throughout the country that "men should never run after a girl of a tram, for there will always be another along in a few minutes."

Sweden has often been regarded as the utopian state of the present-day world. Untouched by two wars because of its neutrality policy, it has methodically concentrated on the elimination of internal social, political and economic evils . . .

Sweden's first attempt at national liquor control came in 1909 when a general strike compelled the authorities to prohibit all spirit sales. This restriction lasted for six weeks, and the results were extremely favorable.

The problem was turned over to Dr. Ivan Bratt, a Stockholm physician who had made a lifelong study of liquor control. . . . The solution that Dr. Bratt sought was . . . a control of individual consumption. He aimed at eliminating all profits from the liquor trade and thereby erasing the primary incentive for high alcohol sales.

Anybody who desires to buy spirits for private consumption, therefore, must have a permit which, within the maximum limits fixed by law, sets the quantity which he is allowed. The companies exercise constant and strict supervision over all purchases and revoke the permits of those customers who abuse them.

Consider a practical illustration of how the system operates. If you move to Stockholm, for instance, and desire to buy spirits for home consumption, you must apply to the company which controls the retail trade. You fill out a questionnaire, indicating, among other things, the quantity of spirits you ordinarily require. The company then verifies your state-

Excerpts from the editorial.

ments. If it finds that you have been proven guilty of certain crimes or misdemeanors more than once during the last few years, it is impossible for you to become a customer. Otherwise, you receive a book indicating how many litres you can purchase each month. As a rule few men under twenty-five receive books, and particular care is exercised as regards their issue to women. The books cover only home purchase, but it is characteristic of the alcohol situation in Sweden that only one-tenth of the spirits used is consumed away from home.

The drinking of spirits at restaurants and cafes, however, is also controlled. . . .

The creator of the system has repeatedly said that it is in the light of experience that its value must be judged, and he has also declared that more depends on the manner of its actual operation than on the paragraphs of the law. To what extent it can be applied to other countries cannot, of course, be foreseen. It was not originally created as an export article. But neither was democracy.

Alcoholism a Threat to Millions

By **ELLIOT SENDEROFF**
Syracuse University, Syracuse, N. Y.

LET US DETERMINE now exactly what an alcoholic is. The characteristic which defines the alcoholic is that there is no limit to his drinking. He stops only when he is too drunk to go any further. He may intend sincerely to have only one highball, but hours later, he will still be at the bar having just one more drink, a drink which may last a lifetime. The behavior and drinking habits of an alcoholic are indications of a disease. He suffers from an ailment which causes him to drink himself to drunkenness again and again, although he may be fully aware that he is hurting himself physically and socially. He may admit this to himself, but he will rarely admit it to others. Alcohol is for him a bitter

An extended excerpt.

medicine, but when he takes it, his taking knows no end.

Sooner or later, the alcoholic becomes frightened of his drinking and struggles against it. He knows it is killing him. He tries to regain control and become a moderate drinker by cutting down on his drinking one day, only to find that he drinks harder the next. He exists in a gray half-world, a world of morbidness and misery. He tries to go without it, knowing that one drink is too much and a thousand not enough. Acquaintances, friends all urge him to "Swear off," "Use your willpower." If the alcoholic could, he would do all this.

We must be made to realize that alcoholism is a disease, and that there is no more reason to censure an alcoholic than there is to berate a person who is slowly dying from cancer. However, the traditional attitude of the public cannot be changed overnight. Conferences and special schools such as those sponsored by the School of Alcohol Studies at Yale University, will in time make the real difference; but they are not extensive enough to meet this post-war increase in alcoholism. Efforts to change the people's attitude must come frequently and from many sides. The public, through newspaper and magazine articles, movies, lectures and community libraries, must be made to realize that the alcoholic is a sick person.

For decades, tuberculosis ravaged the country. Why? It was a disease which was not talked about. Then the enlightened few instituted a vigorous campaign to bring the facts to light. Now, with an informed public, tuberculosis is well under control. No progress was ever made in the control of social diseases as long as they were considered too disreputable to talk about. It is true that some drink because they want to. With them we are not here concerned; but with the millions who are sick of the disease of alcoholism, we are concerned. We must face the facts frankly and openly.

You may now ask, "Can the alcoholic be helped? Can I help him?" The answer is that thousands of alcoholic men and women have been restored to normal life, either through the efforts of medical specialists or through Alcoholics Anonymous, an organization which has helped thousands of alcoholics to find the path back to normal living. However, one

of the greatest aids toward success is the understanding and cooperation of family and friends. Once alcoholism is recognized in its true light as a disease which slowly destroys the mind, soul, and body of men, there will be hope for every alcoholic. These facts present a burning challenge, a challenge to a fight which can and must be won.

Alcohol - - The Social Crutch

By **RAY A. FRAKES**

State Teachers College, Kearney, Neb.

THE FACT THAT alcohol is socially acceptable to a large part of the community causes it to be readily used by those who need a "crutch." We forget the force of social approval when we wish our friends luck with a drink, toast brides, bind bargains, christen ships and seal sacraments with alcohol. We brag and sing about how much we can hold or about how dry we are. Even the drunk is very funny if he does not belong to the immediate family.

Then, too, alcohol is almost as widely known and used as water. In fact the only "alcohol-free" races today are some of the aboriginal remnants in Ceylon, Malacca, and among the Indians of South America. This wide use of alcohol increases the problem of destroying the confidence which men have developed in the ability of alcohol to erase all their social difficulties.

If alcohol simply erased these difficulties and drowned self-criticism, thus making it possible for people to live more comfortably than their fellow men, it might be one of man's greatest aids and it could be used to help the sensitive, shy, self-conscious, insecure people over the rough spots in life. Alcohol might be an ideal "crutch" if it were not poisonous, but unfortunately it is.

One of the most serious effects of the poison is delirium tremens which is characterized by visual hallucinations of a terrifying nature. More important than the fact that alcohol causes D.T.'s is that the very reason for drinking, the drowning of self-criticism, the increasing ability to meet people

Excerpts from the editorial.

easily and to do things of which you are afraid or ashamed when sober, may turn socially poisonous. You can't live with people and always say what you think and do what you please. Even though you are content, "society" will not be and "society" is very likely to try to punish you. Some degree of self-criticism is necessary. Like pain, self-criticism hurts but it is necessary for self-preservation. . . .

Young people must be given a sounder view of life. They must be shown that family ties, love, duty and faith are more worth while than selfish personal satisfactions. To check the tragic tendency towards alcoholism we must develop a new set of values which will place less stress on material things and more on those of the spirit.

The Camel that Stuck His Head in Our Tent

By OVE PREUS

Luther College, Decorah, Iowa

THE FIGHT AGAINST disease is one example of our crusade against the forces that jeopardize our lives. We have been successfully crusading against cancer, tuberculosis, and infantile paralysis; now society is swinging into action against venereal disease. Yet an infectious and dangerous condition has attached itself to us which is causing more tragedy and misery than any disease: that is, our alcoholic culture.

Back about the time that time began we let a camel stick his head into our tent, and he has taken over the whole domain. Alcoholic culture is not a recent acquisition of the world; it is as old as time itself. We can turn our heads and hope that it will go away or hope that we will outgrow it, but history presents a pessimistic answer. Down through time the danger of strong drink has been recognized, yet society has ignored

Excerpts from the editorial.

the fact that it is one of our most dangerous afflictions. Alcoholic culture has been given to us just as a syphilitic mother transmits her disease to her children.

I don't want to be killed by a drunken driver and I do not want those I love to become addicted to alcohol. Am I an alarmist? A look into the causes of death, broken homes, and misery would prove otherwise. We drink alcoholic beverages with the same nonchalance that we drink soft drinks. We know that alcohol is a habit-forming drug, yet we choose to ignore it. Society has been educated to the point where it refuses to use dirty knives and forks because it realizes that that is an easy way to contract disease. Why don't we have the same feeling when we are face to face with alcohol? . . .

We must not scoff at the dire effects of our alcoholic culture! Perhaps it would be a good thing if we could be confronted with the results of our attitude like Scrooge in the *Christmas Carol*. Perhaps we should hear the clanking chains and see a dirty, anemic, pot-bellied but undernourished little waif whose parents had deserted him because alcohol had become of greater concern. Perhaps we should see the perplexed look on the face of the young college student who had a bright future and now stares dully at the empty glass in front of him. We will be lucky if we don't see a gory, mangled body pulled out of an accident caused by alcohol.

But to be realistic is at times to be unpopular. Society walks on the opposite side of the street when a leper walks by. We don't want to examine this sordid problem. With our uneasy stomachs we could not stand the stench if we looked at the results of our alcoholic culture.

Can we abolish alcohol? Can we settle for moderation? Can we control it? If we knew the answers to these questions there would be no problem. There is one thing we can do. Let's recognize our alcoholic culture as a problem—as a threat to our national health and safety. We must work for a solution; the solution will not present itself. We must employ our best talent towards this goal. Only by exposing the problem, making everyone cognizant of its effects can we hope to outgrow alcoholic culture. The camel is in our tent; we may try to ignore him, or we may concentrate our abilities towards getting rid of him.

Let's Do Something About Alcohol

By DWAIN WILCOX
Cornell College, Mt. Vernon, Ia.

ALCOHOL AFFECTS not only the drinker, but in many cases is disastrous to the innocent bystander who happens to be hit by a car driven by a person under the influence. If one could total up all the man-hours lost either directly by the alcoholic or indirectly by the results of alcohol, the total would be astounding.

If this loss to society were caused by some microbe, you can be sure that millions would be spent in an attempt to find the cause and the cure for this disease. More results might be obtained if we went about the solution of this alcohol problem in a cold scientific way, just as the scientist would hunt for the cause of a disease.

What are the causes of this disease? Certainly it cannot be simply reduced to alcohol alone. Prohibition proved to be far inadequate in the solution of this problem. The underlying causes for the use of alcohol are many and varied. Briefly they may be grouped under excitement, relaxation, sociability, habit, and purposes of satisfaction and escape.

The individual alcoholic can be cured with the expense of much time and money. To attack the problem at that phase alone, however, would be futile as another alcoholic would emerge from the ranks of the "temperate drinkers" almost as fast as the existing alcoholics can be cured. The solution of this problem lies not with the alcoholics, but with the large group of potential alcoholics and the general public.

Mass education on the problem is the main way in which the use of alcohol can be discouraged. This education should not only be directed at the general public, but specifically at the children who may become the alcoholics of tomorrow.

Along with this educational program which should be car-

Excerpts from the editorial.

ried on by the schools, the Church and in the family, we must provide a chance for everyone to acquire the release he seeks through alcohol by some other constructive program. Community recreational programs designed to fit the needs of everyone must be initiated.

Our present laws regarding the use and sale of alcohol must be strictly enforced. Any improvement in these laws will come about only through the action of public opinion. Thus only through a general educational program, coupled with more constructive types of recreation, can the alcohol problem be licked.

You cannot wait for this program to be initiated by some other person. It can only be started if *you* act in your community. Only through united efforts of citizens can this problem be solved. Throw your stubborn ounce of action into this fight for a better society today.

"They Tarry Long at the Wine"

By LOIS LEE REEVES

Fisk University, Nashville, Tenn.

IT HAS BEEN SAID that moderate drinking loosens one's tongue, helps him to overcome his stagefright, and enables him to talk with more facility. And if this is true, what possible good can be accomplished by enabling an individual to talk, if he is simultaneously rendered incapable of saying anything as truly worth while as when he is sober?

Does drinking really overcome an inferiority complex? Such an action would seem to defeat itself, for whereas an inferiority complex is overcome with the removal of the conditions which have created the illusion of inferiority, drinking—even moderate drinking—creates an actual condition of inferiority. Wouldn't we prefer to struggle with complexes rather than inferiorities caused by the wilful use of alcohol?

Excerpt from the Editorial which appears in full in the May, '47, INTERNATIONAL STUDENT. Miss Reeves is in the class of '48 at Fisk University.

Alcoholic Social Practices and Their Cures

By **LOUIS A. RACHOW**
York College, York, Nebr.

WHATEVER THE DECREE, we must admit that people have always liked to drink, especially in public places. Then, too, we must not forget that this custom of drinking has been successful in the face of severe opposition. The immediate question now is, what device is the public planning to use to cure this ever-present problem of alcohol?

For centuries we have been applying principles to this problem without success. It is quite obvious that alcoholics come from all social and economic groups and from all races. Until quite recently, it was almost axiomatic that the only cure for alcoholism was self-cure. The particular deadliness of this disease lies in the fact that it affects not only its victims, but their families and society at large.

Today, thanks to the development of new psychotherapeutic techniques, alcoholics are being cured in large numbers. The psychiatric phase of treatment initially consists of uncovering the basic motivation for the inebriate's behavior. The average of cures reported for all treatments now in use is said to be above 50 per cent, compared to a scant 20 per cent in 1930. The trend in cures is matched by the expanding activity of Alcoholics Anonymous, a national organization of ex-inebriates, which works on the principle that loneliness is one of the main causes of drinking and substitutes friendship and mutual encouragement for the bottle.

Numerous church and civic groups interested in the rehabilitation of alcoholics are also having a vital role in the over-all campaign. These organizations are doing a fine job, but how are the people reacting to these efforts? There is still much to be done, and it is up to us, as a nation and as a people, to give our all to the aid of these organizations. Remember, the results of alcohol affect each and every individual, directly or indirectly. What are we going to do about it?

An Ounce of Prevention

By **EARL S. CHACE, Jr.**

Atlantic Union College, South Lancaster, Mass.

CHRONIC DRUNKENNESS is a perplexing problem, the magnitude of which cannot be minimized. But the jaundiced eye of the general public has immensely distorted the real situation, thus necessitating a new conception.

We will continue from now until eternity to spend our time, money and efforts on "cures" until we come to the realization that the hour has arrived when we must spend time, money and effort on prevention. Let us not belittle what science has accomplished, for it is of inestimable value. But rather, let us perceive that this is not enough—that *more* must be done.

Outgrowing Alcoholic Culture

By **RUTH E. HOLLAND**

Manchester College, North Manchester, Ind.

WHY DOES DRINKING have to be associated with having a good time, the code for smart living, or better still, the sign of good fellowship? To me, this is the most ridiculous part of it all. From these artificial standards, America has produced nearly three million "excessive drinkers." Just think of it! A civilization, the highest the world has ever known, has to be marred and eventually will be torn down by this group of people we term as "alcoholics."

The truly sad part about it is that their disease has been considered as incurable. The only sure way of cure has come from the alcoholic himself. By having discovered he is in the grip of a disease that is about to destroy him, he somewhere, somehow, finds the courage and willpower to fight it with all the strength he has left.

If we could take this courageous group of men and let their actual experiences educate this country to the danger and seriousness of this problem, I think we should be starting on the road to recovery.

THIS BOOK IS A POPULAR STUDY
IN FUNDAMENTALS AND SOURCES - - -

THE LIQUOR CULT AND ITS CULTURE

BY HARRY S. WARNER

Author of *Social Welfare and the Liquor Problem*, 7 edits.; *Prohibition: An Adventure in Freedom*; *A Modern Approach to the Problem of Alcohol*;
Member, Yale School of Alcohol Studies, '43; Lecturer, '44, '45

An Outgrowth of Modern Scientific Understanding of the Drink Problem of Today

Takes the problem out of the field of emotional moralizing.—CECIL C. NORTH, Sociology, Ohio State University.

Fullest explanation from a cultural viewpoint I have seen. . . . Sound, well-balanced, a decided contribution to the unbiased literature on alcohol.—CLARENCE C. PATRICK, Sociology, Meredith College, Raleigh.

Brings to the student and all who seek solution a popular basis of scientific understanding.—HOWARD E. HAMLIN, Ohio State Board of Education.

A well-reasoned, scientific appeal for rejection of the cult.—C. AUBREY HEARN, Editor, Baptist publications, Nashville.

Many will be informed, challenged, encouraged and supported in changing from an outmoded, dull-witted custom to a way of life full of zest and vigor of reality.—HAVEN EMERSON, M.D.

Maintains fundamental truth while open to the most modern of new approaches.—BEN H. SPENCE, Toronto.

Most original and unique . . . probing deeper than any mere chronicle into the psychological atmosphere.—FRED D. L. SQUIRES, Chicago.

As an argument for shunning all indulgence in liquor, it is one of the finest I have ever read.—HENRY LOUIS SMITH, President Emeritus, Washington and Lee Univ.

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THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

*Basic Conceptions
in Alcohol Education*

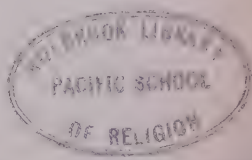
Approach of Preventive Medicine

*Freedom from Drink, a Factor
in Culture*

Yale Summer School of '47

College Forum on Alcoholism

THE CLOISTERS,
TRINITY COLLEGE, CAMBRIDGE, ENGLAND



Democracy
is something
deeper than
Liberty; it is
Responsibility"



THE INTERNATIONAL STUDENT

NOVEMBER, 1947

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HARRY S. WARNER, *Editor*

HEALTH QUESTIONS SEEK ANSWER

IF THE USE and abuse of alcohol have created a public health problem of large proportions, should not society require some appropriate and effective action for the *control and prevention* of this preventable condition by constituted public agencies of health and education?—HAVEN EMERSON, M.D., Professor Emeritus of Public Health Administration, Columbia University.

DOES SOCIETY know the cost it carries due to the care of sickness, shortened lives, accidents, directly and indirectly due to moderate and excessive use of alcohol?

How much delinquency, dependency and disease is properly chargeable as social wastage because of the almost universal accessibility of alcoholic beverages to all varieties of personality?—DR. EMERSON:

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April and May.

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Basic Concepts In Alcohol Education

AS VIEWED BY YALE SCHOOL SEMINARS

FOR TWO YEARS organized seminars, composed largely of educators attending the Yale Summer Schools of Alcohol Studies, have been giving particular attention to the question of Alcohol Education in the Public schools.

These "student" members of the Summer Schools of 1946 and 1947, with the cooperation of the faculty of the School, have examined carefully, in daily sessions of two hours each for two or more weeks each year, the scientific and educational material now available and the occasion and need for instruction on Alcohol, in the light of the processes of modern education. They have sought to develop and to state basic concepts of the problem for educational purposes, and to develop understandings and procedures that will make for the most effective teaching of this vital subject in the schools of today. Most of the work has been related to the high-school level, but much attention, also, was given to what might be taught in the years preceding this age of growth.

This plan for continuous development of the latest material, and of concepts of that material and its use in teaching, is that each successive seminar of the School of Alcohol Studies may use, as basis for further development, the results of the seminars of preceding years. Beginning in 1946 this plan was followed in 1947, thus affording an opportunity for re-study and revision, the incorporation of new or additional scientific and other information, and the addition of educational experience. This year-by-year revision, it is believed, will afford (1) a means of offering each year, the best possible statement of concepts and procedures that can be made; (2) it will keep them up-to-date by the criticism, re-study and additions of each succeeding year.

The first report, a cumulation of two years, is now made available by the Yale School Alumni. It is issued as a tentative report—with emphasis on the word "tentative"—since it is the work of experienced educators who recognize the importance of continuous study.

As published here, it is the report of a sub-committee of

the 1947 Educational Seminar, of which Dr. Edwin L. Kregenow, Supervising in Health Education in the Board of Education, Cleveland, Ohio, was Chairman.—(EDITOR.)

Aims and Objectives

1. The aims of alcohol education, in recognition of the widespread need of youth and adults for assistance in determining their own attitudes and practices, are:
 - a. To present without bias scientific information concerning alcohol, its use and effect.
 - b. To develop proper attitudes in society toward the alcohol problem and to dispel the prejudice, misunderstanding and superstition which obscure the facts.
 - c. To recognize the presence of disease in the alcoholic requiring medical and psychiatric treatment.
 - d. To safeguard against the use of methods and or materials which might create damaging emotional conflicts.
2. The teaching objectives of alcohol education in the schools are:
 - a. To base all teaching upon situations familiar to the groups taught and within the level of their understanding and interest.
 - b. To develop a sense of responsibility for one's own welfare and that of others in regard to the use of alcohol.

A—POINTS OF EMPHASIS

1. Alcoholic beverages are made in three ways: by fermentation (wines), brewing (beer), distillation (whiskey).
2. Alcohol is contained in such drinks as beer, wine, and whiskey, although the percentages by volume varies.
3. Alcohol is a progressive nerve depressant, acting as a sedative in small amounts and as an anesthetic in larger quantities.
4. Alcohol cannot be used to build or repair body cells.
5. Chronic alcoholism is the presence of one or more bodily and mental diseases developed as a consequence of prolonged intemperate drinking.
6. The alcoholic usually involves his family and himself in

- a series of distressing crises that demand attention and economic help from social agencies and the community.
7. Drinking exists as a part of interwoven social systems.
 8. The amounts and kinds of drinking in a culture are influenced by the tensions created, the attitude toward consumption by its members, and the opportunities which the culture provides for obtaining suitable satisfaction.
 9. Excessive drinking is a deterrent to permanently successful family life.
 10. Most of the alcohol must remain in the blood and tissues until oxidized. Only ten per cent to fifteen per cent escapes through the lungs and the kidneys.

Basic Concepts and Data

B—PHYSIOLOGICAL

1. Alcohol is made up carbon, hydrogen, and oxygen, (C_2H_5OH).
2. Alcohol is one of the few substances which is absorbed into the blood directly from the stomach.
3. Alcohol absorption takes place faster when there is no food in the stomach.
4. Alcohol not absorbed from the stomach is carried into the small intestine where all but approximately 10 per cent of it passes into the blood.
5. After entering the blood, alcohol is carried to the liver where it is oxidized (combined with oxygen) to form carbon dioxide and water.
6. Oxidation of alcohol may liberate a large amount of heat calories, but fails to provide vitamins, minerals and proteins, and may lead to nutritional diseases and cannot be stored in the body.
7. Alcohol dilates tiny blood vessels which causes skin temperature drops and resistance to cold is lowered (from $1-1\frac{1}{2}^{\circ}F.$)
8. Physiological scientific investigations have shown no evidence that alcohol in small amounts is permanently harmful to the human body.
9. Alcohol will irritate ulcers but will not cause them. Dormant ulcers may become active with the use of alcohol.
10. Epilepsy in a dormant stage may become active with the use of alcohol.

11. Convulsions may occur after a person has been drinking.
12. Authorities recommend that for legal purposes persons whose blood contains less than 0.05 per cent of alcohol are sober; those with 0.05 per cent and less than 0.15 per cent are "under the influence"; and those with 0.15 per cent or more are intoxicated.
13. The alcoholometer is a device used to measure the concentration of alcohol in the human body.
14. The bodily diseases of chronic alcoholism are essentially nutritional disturbances, due chiefly to the inadequate diet of the inebriate.
15. The incidence of nutritional diseases as polyneuropathy, beri beri and pellagra is higher among chronic alcoholics.
16. Cirrhosis of the liver may result in cumulative inflammatory effects on the liver induced by the prolonged use of alcohol.
17. The physical condition of the chronic alcoholic predisposes him to diseases, such as pneumonia or heart disease, and lessens the likelihood of recovery.
18. Excessive drinkers have a shorter average life than moderate drinkers and abstainers.
19. There is no acceptable evidence that acute alcoholic intoxication of the parents has any influence in altering heredity or is the cause of any abnormality in the child.
20. High infant mortality and disease in children of alcoholic families are due to neglect, unfavorable environment and inherited physical defects often found in alcoholic families but not caused by alcoholism.

C—PSYCHOLOGICAL

1. The central nervous system is affected by alcohol.
2. The feeling of stimulation from alcohol occurs because of the release of inhibitions and the submersion of anxieties.
3. Alcohol depresses the higher brain centers which control voluntary behavior.
4. Alcohol affects the latest learned or more complicated skills first and to a greater degree.
5. Judgment is one of the first functions to be affected by the use of alcohol, and with increasing amounts the impairment becomes greater.

(Continued on Page 49)

Approach Of Preventive Medicine

TO THE PROBLEM OF ALCOHOL

By **HARRY S. WARNER**

"GUIDED ONLY by a *mechanical brain*, a Skymaster of the U. S. Army Air Force droned its way across the Atlantic on the return leg of a history-making flight," said an October 7th news report. The crew had not touched the controls, going or returning from England.

In the vast field of public health, today, a no-less revolutionary, if less dramatic, forward movement is taking place. A few years ago typhoid fever, diphtheria, smallpox, yellow fever and other scourges, took yearly a heavy toll of life and happiness. At present, public health agencies, educational programs and preventive measures have greatly reduced, almost eliminated many of these illnesses of the past. Scientific research has revealed the sources, conditions and means of transmission of these and other great scourges, neutralized or quarantined or reduced or eliminated them. The public has learned to recognize and avoid them. Seeking to prevent, as well as to relieve and cure, the modern health movement is having increasing success because of its approach from these two different directions.

Using Scientific Information

Working quietly in the laboratory, on the field of experiment, in the factory, men built a robot that, for the transatlantic trip, replaced the brains of man himself. In similar fashion, using always the latest and accumulated results of scientific discovery, the doctor, the visiting nurse, the health commissioner, are now rolling up a vast amount of experience that has become the basis of a new health philosophy—and practice—Preventive Medicine. In addition to using new curative agents, modern health experts emphasize the teaching of youth in the schools and public education of the adult; they make it clear that the Normal Life is one of Good

Health in personal living and community sanitation. The habits of seeking vitamins, using the toothbrush and watching for impure water are becoming national.

By seeking the sources and reducing the media by which preventable diseases are spread through a community, many lives have been saved, the average span of life increased.

Why Not Include Alcoholism?

And why may not the scientific knowledge and the realism of Preventive Medicine be applied, fully as well, to the vast problem of Alcoholism? To the alcoholic as a sick man? To the inebriate, the heavy drinker, the "excessive drinker," to many periodic drinkers who are far from having good health?

The alcoholic scourge, says a medical writer, causes more deaths "than any one of the thirty-one infectious diseases, some of them notorious pestilences."

It is "a very serious health problem," and "fourth in the list of conditions that bring people to the hospital for mental diseases," said Dr. Lawrence Kolb, Assistant Surgeon General of the U. S. Public Health Service. "With tuberculosis, cancer, syphilis, mental disease and infantile paralysis receiving competent and intelligent medical attention," wrote Dr. Winfred Overholser, St. Elizabeth's National Hospital, Washington, "we have alcoholism as the greatest public health problem of the present time that is not now being systematically attacked."

"Approximately one-half million persons are ill with cancer" at one time. But the threat and horror of cancer are never minimized; millions of dollars and many keen minds are devoted to finding its cause and reducing its threat to life. From 500 000 to 700,000 are acutely sick with tuberculosis, say the tuberculosis experts. Each year a great Christmas-seal campaign is conducted to raise money to aid in combating it, in addition to vast appropriations from private and public funds.

Yet there are over 750,000 men and women acutely sick with alcoholism, or 3,000,000 inebriates who by no classification can be regarded as men and women of health.

Why should not alcoholism be recognized as a great menace to health? Why should the alcoholic sick be left out of the public health program? Why should they have to be-

come sick before anything is said publicly about it? Why should they get started in the first place? And how? And where does that beginning occur? Why does this preventable disease continue practically unhindered? For no intelligent person doubts that *it is* preventable.

Comprehensive Health Approach

If the alcoholic and the inebriate are sick men, the 3,000,000 or more of them, it is the serious responsibility of Public Health to treat them as are the victims of other well-known scourges of health. A comprehensive understanding and program of action that includes the following factors, and many more, may well be regarded as basic:

(1) **Immediate Care of the Patient.** Recognition of the alcoholic as a sick man indicates that he should be treated as such. Whether his illness is due mainly to personal deficiencies, to nervous and emotional disorders acquired in childhood, to the pressure of unhappy home and community conditions, or to his own ignorance, folly, sin, and years of heavy drinking, his present condition requires that he be given objective, scientific but sympathetic care. He needs a doctor, a clinic, a hospital, a psychiatrist, an *understanding friend*, not a cell, a Monday morning fine and an opportunity to repeat next week.

If alcoholism is an illness, the occasional drinker out for a good time, the one who intoxicates himself to celebrate or to show off, becoming a menace on the highway and a nuisance on the street, is more naturally in line for the police and punitive treatment than the heavy drinker.

Matured alcoholism, therefore, reflecting inner inadequacies, emotional disturbances, fears, neuroses, as recent research indicates, requires the services of the expert and a new and enlarged series of clinics and special hospitals, such as those initiated by the Yale Clinics; also, the cooperation of such agencies as the A. A.'s, the Salvation Army, and the religious counsellor. It comes, today, as a gigantic challenge to all who are concerned about health: to the expert, who can do something to aid the victim; to the layman citizen, who must pay the bill and create the public sentiment necessary to support an adequate program of rehabilitation.

The alcoholic can be saved. He is worth saving. For "the

rich and the poor, the highly intellectual and the ignorant, the frail and the robust, the shy and the apparently bold, the worried and seemingly carefree, all furnish their quota of inebriates," said a leading psychiatrist.

(2) **Good Health is Natural.** It need not be assumed that the tradition of alcoholic enjoyment, inherited from the savage days of the race, is necessary or in accord with natural needs. The natural life is a non-alcoholic, unintoxicated way of life, healthful and strong in itself. It seeks freedom from ills, frustrations and unhealthy inhibitions, by normal, healthful means, recreation, rest, music, sociability. It faces with courage and educated understanding, the tensions, strains and emergencies as they come in normal living. It does not depend on a drug—any drug, especially alcohol or the narcotics—for pleasure and release in mild degree or in excess. Such dependence itself, is, or may easily become with repetition, a symptom of a condition that too easily slips into alcoholic illness.

(3) **Health Education: The Public.** A basic factor in a Preventive Health program is enlightenment of the adult public as to the prevalence, seriousness, conditions and spreading agencies of sickness. In a democratic public, the informed cooperation of many people is necessary; thus, may the preventive measures desired and the restrictions, often severe, that are necessary to effective quarantine and the identification of sources and the agents that spread preventable disease, be secured in large enough majority to insure success.

In the public struggle against other great scourges, vast educational campaigns are conducted, year after year for many years. In the movements against "polio," tuberculosis, cancer and its early detection, public educational programs are outstanding. Vast sums of money, the services of publicity experts in pointing up and popularizing the basic scientific information and getting it out to the public through newspapers, magazines, radio, pamphlets and health publications, have had marked results in securing public attention and cooperation.

Since alcoholism is an illness, not less prevalent, but more so, no lesser amount of education of the public can possibly

be adequate. Even more will be required, for much of the public seeks states of intoxication, condones drunkenness, laughs at the antics and mental disorders of the half-drunk, approves moderate degrees of toxic "pleasure," and ignores the ultimate victim as a joke. Or they seek to make him "the goat" and jail him to remove attention from their own excesses.

(4) **Health Education in the Schools.** Education on physical and mental health and the means of acquiring good health, has taken a high place in all grades of schools in recent years. To make the natural, the normal, stand out as against the ignorant, the careless, the unhealthful in assumptions and practices that lead to ill health and depleted personality—the positive, rather than the restrictive factors—are given main attention under modern educational methods. Teaching in regard to alcohol and alcoholic influence in daily living must definitely be scientific and objectively given, especially in the higher grades. Such teaching is best accomplished by experienced educators and largely in connection with their regular courses, for the alcohol problem touches the life of youth at many points.

(5) **Identify the Sources.** "In 1900 typhoid still occupied fourth place in the mortality list. . . . In that year alone there were 55,000 deaths from it. During the Spanish-American war one in every five soldiers in our encampments was sick with typhoid. It is now such a rare disease that many of our recent medical graduates have never seen a case."

By identifying the sources of infection as impure water, contaminated milk and unsanitary surroundings, this disease, so serious a generation ago, has been largely cleared out at its origin. Yellow fever, brought to the West with the slave trade from Africa, is now a vanishing disease in the Americas. Transmitted by the bite of certain mosquitoes, it has been suppressed by draining the swamps that breed them.

Thus many of the miracles in advancing public health have occurred because scientific knowledge has been turned on the distributing agencies and instituting centers of various diseases. Many active agents of illness have been removed by this fundamental procedure in public health service.

But when facing alcoholism, one of the great public health

problems of today, it is sharply discovered that there are social traditions that must be taken into account; that there are group interests, pressures and industrial influences that tend to perpetuate and increase, rather than reduce, the initiation and growth of alcoholism. For "alcohol enjoys a positive social acceptance that morphine, for instance, does not . . . the dominant cultural pattern even tends to encourage its use." In addition "it is the only drug (among those used for similar purposes) which is extensively advertised and openly sold. It is the product of a great industry with millions of dollars to spend in promoting its use and fighting attempts to curb its sale."

For "practically all drinkers, moderate and excessive alike, even the addict whose personality inadequacy is his chief trouble—had their beginnings in a social group, in their younger, lesser knowing days. Friendly invitation, suggestion, a desire to meet expectations, especially *not to be different*, queer, are the starting points of occasional, moderate and heavy drinking alike."

(6) **Spreading Alcoholism.** "It is well-nigh impossible to prevent or suppress a communicable disease without a knowledge of its mode of transmission," writes Dr. Roseneau, in "Preventive Medicine and Hygiene."

But the transmitting of alcoholic desires and habits to all who are in any way susceptible to that dependence on alcohol which is called "alcoholic sickness," is by social agencies; by customs, some of them ingrained folk-ways, in the daily living of large groups of people.

These are the transmitting agents, the "bad air," the "germs," the "mosquitoes," that spread the desire for this drug to those who just "can't take it." These modes of transmission must be examined frankly for they exert a dominant influence in the drinking from which alcoholic sickness comes. The part that customs play in initiating or continuing the occasions and pressures that grow into alcoholic intemperance and yield the perennial crop of inebriates and addicts is far-reaching and self-multiplying. For neither the born neurotic nor the unadjusted child of a discordant home would become an alcoholic if he had not been introduced to alcohol by some social group.

The distributors, therefore, of alcoholic desires, the "carriers" of alcoholic sickness to those of little or no resistance, are (1) drink customs, social drinkers, and the group approvals back of them; (2) the liquor-selling traffic, especially its excessive advertising to enlarge the number of drinkers and the frequency of their drinking. Thus there spreads among those who are susceptible and those who are able for a time to withstand its impact, the particular desire that, for many individuals in every generation quickly or slowly, becomes dominant over the desire for clothing, food, self-respect.

(7) **Obstructing Quarantine.** That a great industry, found everywhere, supported apparently by a large part of public opinion, is ready to supply unlimited quantities of the brain-depressing article, without which there could be no alcoholic illness, alcoholic "sick men," and none of that temporary brain-confusion that causes tragedies on highway, is a fact that can not be ignored if a preventive-medicine approach to the problem is to be realistic and of practical value.

For the cost of alcoholic drinks, \$8,770,000,000 more or less per year, much of it from those who otherwise could purchase better living conditions, constitutes a continuing and obstructive factor to any alcohol-and-health program. For promotional advertising seeks out and helps start into drinking habits, all those who are immature, that did not have proper care in childhood, that have disorders, native or acquired. It encourages them to drink, to drink more frequently, to continue until the well-known symptoms of alcoholic illness appear.

(8) **Immunization and Quarantine.** Under modern methods of public health—such as the immunization of children and adults when facing danger of infection—great plagues are being reduced, practically eliminated. But shots in the arm can not be applied against inebriety and alcoholism. For the initiating agencies are social customs, fashion, glamour advertising and trade cultivating of drinking by those who in any way are—or later become—susceptible to it. Immunity, therefore, must be secured through childhood care, education and such quarantine measures as are necessary to reduce and remove the distributing agencies.

Freedom From Drink A Factor In Culture

By ALLI ARO-ENGLUND, Stockholm

AS A FACTOR in the advancement of culture, the temperance movement is reflected from *three facts of culture*—the intellectual, with its application to technique and organization; the emotional, in its prominent esthetical and ceremonial forms; and the ethical factor in culture.

First, intellectual progress is necessarily a condition to technical and organizational progress. No particular investigation has been made of the part that alcohol plays in creative ability; but the picture that biographers give of those who have made great creative contributions, and of the environment in which they have grown up, is generally that of men and women of strong self-command. It supports the assumption that their use of alcohol has been very moderate or non-existent.

It is clear, also, that abstinence plays an important part in the spread of knowledge, technical efficiency and ability to cooperate among the masses of the people. In Sweden at least, the emerging period of the temperance movement, at the end of the nineteenth and the opening of the twentieth centuries, was the breaking-through period of popular education, of Swedish material culture and of the culture of manners necessary to living together as a people.

In ethical culture, two examples of the influence of the temperance movement may be noted. First, in the relations between men and women. By removing or reducing many cultural repressions, alcohol makes casual sexual relations more common at all ages, since it reduces the capacity for judgment and increases the risk of infection from sexual dis-

Mrs. Alli-Aro-Englund, teacher of English in the schools of Stockholm, Sweden, is the wife of Dr. Erik Englund, Member of the upper House of the Parliament of Sweden. With a background of university study, and degrees from the Universities of Turku in Finland, Stockholm in Sweden and Durham in England, she discusses the subject of alcohol in culture.

Condensed from an address at the World Convention of the Woman's Christian Temperance Union, Asbury Park, N. J., June, 1947.

eases. Its use creates economic difficulties and conflicts that threaten marriage. Due to alcohol, divorces are more frequent.

There is little doubt that the use of alcohol has had an unfavorable influence on the social position of women. Sociology brings to light a tendency among men to isolate much of their social life, to keep women at a distance as an expression of contempt for an assumed inferiority. This attitude of the male was characteristic of German Natzism, which originated in a beer-cellar. Alcohol has long walked hand in hand with this spirit of male seclusion, which, evidently, has done much to keep the alcohol tradition in power and to prevent women from reaching their due social position. In contrast, may be noted the equality of men and women in the temperance movement.

Culture of Citizenship

Another example, is the influence of temperance on the spirit of good citizenship, such as characterizes successful democracies. The map of the world's successful democracies covers, practically, the countries that have developed temperance movements of marked strength.

Often tensions have developed between the Puritan point of view, of which the temperance movement is an expression, and those of other ways of esthetic thinking. The latter often regard luxury, extravagance, as conditions that are valuable to culture. Still more marked is the contrast between temperance and the traditional forms of social intercourse that include alcohol. For even if in some cases alcohol has been given value from the viewpoint of sociability, this evaluation is disappointing when it is compared with the enormous social damage that has its roots in the other parts of the kinds of life that bear the stamp of alcohol.

Alcohol and Ethics

It is the place of non-users today to make everyone, even the supporters of the social drink custom, appreciate that the values of alcohol in sociability must be weighed against other values in social living; above all, against the central ethical values of life. For alcohol is a great destroyer of ethical values. The impaired efficiency that comes from it may develop moral aspects; the effect of alcohol on the relations of men

and women, and on the care of children, always have social aspects to a marked degree. As a creator of many kinds of gross immorality alcohol adds its burden of guilt. As far as a desire to make social contributions falls within the compass of moral duties, the effect of alcohol on the spirit of citizenship presents one more phase of the ethical damage it causes. In general, alcohol blunts the conscience and the ethical judgment of man, thus adding to its guilt in the sphere of ethical culture.

This ethical damage due to alcohol is enormous. If to it is added the impairment in efficiency that results, there will be no difficulty in finding the place that alcohol occupies in the profit-and-loss account of its manifestations in human culture. It belongs on the debit side and is one of the largest items in the account.

Due to the extent of the damage it causes, alcohol must be regarded as one of the most dangerous enemies of culture. As long as the temperance movement is clever enough to choose means that effectively reduce the use of alcohol it will be a factor of high rank in human culture.

"A man under the influence of small quantities of alcohol has no right to believe his own senses," said Dr. G. Sims Woodhead of Cambridge University. "He cannot trust them to give him correct facts and he cannot rely on his judgment for the interpretation of facts."

The American Safety Council is very much concerned with the accident record of the moderate drinker, the man who thinks he is still able to drive, but whose judgment in reality is lessened and whose motor reactions are slower.—C. J. POTHOFF, M.D., University of Minnesota.

TWENTY-FIVE YEARS hence the quality of individual living will be determined quite as much by the kind of world in which people live as by any qualities individuals may possess. Too long the fruits of education in this country have been private and personal rather than public and social.—DR. NEWTON EDWARDS, Education, University of Chicago.

BASIC CONCEPTIONS IN ALCOHOL EDUCATION

(Continued from Page 38)

6. Moderate amounts of alcohol have a measurable effect on speed of reactions, discrimination of sensory perceptions, and degree of muscular control.
7. For the immediate accomplishment of a task requiring manual skill, medium amounts of alcohol do not increase efficiency and may reduce it.
8. Even small amounts of alcohol may reduce efficiency for immediate performance of a special task.
9. Scientific evidence proves that athletes who use alcoholic beverages are less efficient in accuracy and endurance.
10. Some people drink as an escape from responsibility and conventional behavior, from an unhappy home life and frustrations.
11. Some people drink to relieve tensions. The alcohol acts as a sedative, lowering judgment, self-criticism and self-restraint.
12. Some people drink because of emotional immaturity, shown by lack of confidence or patience to attempt to solve their problems. Normal living is thus defeated because the difficulties are not solved.
13. Some people drink to obtain social approval. The alibis often used are: "It is smart to drink," "Everyone drinks," "It would be impolite not to drink," "It is easier to drink than to be laughed at."
14. Drinking tends to become a habit for those who find alcohol irresistible.
15. Alcohol does not "cure" inferiority feelings, but through a lowering of judgment it gives shy people a temporary illusion of superiority.
16. Alcohol especially causes those who have marked changes of mood to indulge in extreme form of behavior.

D—ECONOMIC

1. About five per cent of the net income of the nation is spent on alcoholic beverages but individual families often spend fifty per cent of their income for alcohol.
2. Fifty million Americans spent \$8,800,000,000 during

1 946 for legal alcoholic beverages. An estimated one billion more was spent for bootleg beverages. (Dept. of Commerce estimates.)

3. The National Safety Council reports that one in about five highway fatalities is due to alcohol.
4. Many employers place certain restrictions on the use of alcoholic beverages because of the physical dangers involved.
5. Excessive drinking lowers the standard of living in homes of all except the very wealthy.
6. The establishment of community agencies for the rehabilitation of the alcoholic is an economically sound practice.
7. Per capita consumption figures of alcoholic beverages cannot be taken at face value or as indications of any particular conditions unless a careful analysis is made of the consumption of the excessive drinking groups, the moderate drinking groups and the total abstainers.
8. The excessive drinker is usually a bad financial risk.
9. The excessive drinker too often becomes the victim of exploitation, even among his friends, because of his lack of sense of values and irregular habits with money.
10. The right legally to manufacture, sell, and consume alcoholic beverages is granted to the voters of this country.
11. The alcohol industry is subject to a high rate of taxation and to many legal controls by the state and federal governments.
12. Authorities have estimated that the nation has spent a probable minimum of \$1,090,000,000 for cost of arrests, jailing, accidents, absenteeism, and other anti-social behavior of inebriates during the year 1945.
13. In 1940, it is estimated that for the 2,400,000 excessive drinkers in the country at that time, the excess over the normally expected cost of illness was \$18,480,000.
14. All reports show that inebriates are more liable to accidents than non-inebriates.
15. A survey made in 1942 in Hartford, Bridgeport, and New Haven, Conn., showed that two-thirds of all non-traffic arrests were for drunkenness.
16. In the same three cities, there is a minimum expectancy

- of 123,000 lost working days because of arrested drunks.
17. Studies made at Sing-Sing in 1938, '39, and '40 show that in at least 22 per cent of offenses alcohol was closely related to the crime.
 18. The Northwestern National Life Insurance Co. of Minneapolis reported in 1938 that 24 per cent of rejected applications were for the excessive use of alcohol.
 19. The wage loss due to excessive drinking in 1940 is estimated to be \$170,000,000.
 20. Large sums are expended for liquor advertisements.
 21. Alcohol has a wide variety of important industrial uses in the manufacture of such products as plastics, smokeless powder, anti-freeze, solvents, paints, drying agents, etc.

NOTE: Figures indicated above were the most recent ones available at the time of revision.

E—SOCIAL

1. Modern social living has complicated the alcohol problem.
2. The medical use of beverage alcohol is generally discouraged by the profession.
3. Alcoholic beverages, in suitable moderation and low concentrations, may relieve the bodily discomforts brought about by old age.
4. Alcohol impairs discrimination, caution, timing, and coordination so necessary in modern society.
5. The excessive use of alcohol limits or makes impossible approved individual participation in a complex society.
6. Drinking customs, in certain groups, are part of many social functions, such as marriages, baptisms, births, funerals, etc.
7. Alcoholic beverages served a religious and social function in primitive society although they were recognized as a danger when used improperly. (Viking warriors were obliged to leave their weapons outside the great hall when engaging in their periodic feasts and ritualistic drinking bouts.
8. Alcohol is a potential danger to society because it tends to increase aggressiveness and sexuality by lowering inhibitions and self-control.

9. The amount and kinds of drinking in a culture are influenced by the tensions created, the attitude toward consumption by its members and the opportunities which the culture provides for obtaining suitable satisfactions.
10. In a complex social system control of all types of drinking behavior by folkways, mores, etc., is difficult and usually ineffective.
11. Mythology, as well as the Bible, gives evidence of the great antiquity of wine.
12. Beverages of early societies were of much lower alcoholic content than those of the present time.
13. The disintegration of the feudal system, the discovery of the process of distillation of alcohol, the industrial revolution, the rise of capitalism, advertising and general social drinking have all had the effect of increasing the drinking of alcoholic beverages and drunkenness.
14. Social controls of drinking behavior such as folkways, taboos, laws and accepted patterns of behavior have been exercised for centuries.
15. Alcohol is frequently used with the intent of increasing sociability.
16. Alcohol gives a false sense of security in a complex situation because it distorts time perspective and gives the illusion of superiority.
17. Excessive drinking makes wholesome interpersonal relationships far more difficult; it increases suspicions; it provides a temporary retreat from the world of reality; it allows a greater expression of immaturity, cynicism, aggressiveness, egotism, and self-pity.
18. Excessive drinking is usually a product of social and/or psychological forces.
19. As the complex society of our Western civilization has developed, the function of alcohol in giving a sense of relaxation has increased. This anesthetizing process depresses certain inhibitions, anxieties, and tensions.
20. Alcohol has been and still is used in some ethnic groups in a sacred and divine manner. (Jews, Catholics, etc.)
21. There were some ethnic groups who, in their development of a culture, did not produce or use alcoholic beverages. (Inhabitants of Arctic regions, aborigines of

- Australia, Polynesians and North American Indians.)
22. The greater incidence of disease and mortality among the children whose parents are excessive drinkers, as compared to those whose parents are temperate, is not due to heredity. It is due to the low standards of living and to neglect in the homes of excessive drinkers.
 23. The use of alcohol even in small amounts is a cause of a large number of traffic and other accidents resulting in heavy burdens on the individual and society.
 24. The temperance movement in the United States helped to bring about enactment of the Eighteenth Amendment which established National Prohibition.
 25. The Twenty-First Amendment in 1933 repealed the Eighteenth Amendment and returned the legal control to the individual states.
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Yale School Of Alcohol Studies

SUMMER OF 1947

FOR THE FIFTH consecutive year there was held at Yale University, July 6 to 31, the summer session of that unique, new School of Alcohol Studies that has now become the recognized means of national leadership in bringing to the public the most recent findings of scientific research and making these findings available for constructive service.

Under the direction of Dr. E. N. Jellinek, the program of lectures and seminars is said to have been the strongest and most comprehensive of the series of schools so far held. All phases of the problems of alcohol and alcoholism were fully considered. The attendance, also, was the largest of the five years, 151 leaders from 36 states, 7 provinces of Canada and two from Sweden. Among them were 17 high school educators, 35 pastors, 10 medical men, 2 medical students, 16 representatives of temperance agencies, 3 from the liquor

industry, 4 attorneys, 33 Alcoholics Anonymous, and one from a state board of liquor control.

"Science is coming alive," said Dr. Jellinek, recently. "It is getting into gear with things as they are."

"In the School of Alcohol Studies, we are bringing theory and practice together in three ways.

"First, we are swinging our axe at the roots of the problem through research, a research which is historical and medical.

"Second, we have set up a clinic where we treat the problem at first hand, dealing with the men and women who are the victims of the disease.

"And third, we reach the general public through our Summer School on Alcohol Studies."

A College Forum On Alcoholism

LECTURES AT ROOSEVELT COLLEGE

By EDWIN H. MAYNARD -

THE ATTENTION of a number of Chicago research men and students was focused anew on the alcohol problem in September and October through a series of lectures on alcoholism at Roosevelt college. The series was sponsored jointly by the college and the Chicago Committee on Alcoholism.

Attendance at the lectures averaged around 150. Among those participating were practicing physicians and psychiatrists, public health nurses, social workers, teachers and students. Students enrolled at Roosevelt were able to get college credit by attending the lectures, doing outside reading and writing papers on the subject.

A number of outstanding authorities spoke during the six-week series. The opening lectures, devoted to the physiological aspects of alcoholism, were given by Dr. Anton J. Carl-

son, professor emeritus of physiology at the University of Chicago, and Dr. Andrew C. Ivy, vice president of the University of Illinois and head of the university's medical school. The second session, devoted to psychological factors in alcoholism, was addressed by Dr. David B. Rotman, director of the Psychiatric Institute of the Municipal Court of Chicago, and Dr. Ernest Mowrer of Evanston. Subsequent lectures included authorities on the social phases of the problem and a representative of Alcoholics Anonymous.

Dr. Rotman, speaking September 22, listed the problem of alcohol as humanity's most important one next to the problem of war and power. He cited its cost in hospitalization, imprisonment, crime, accidents, unemployment, absenteeism and the dependency of children. He declared that at Municipal Court, one case in four has alcohol as its most potent factor and that in many other cases alcohol is a contributing cause. He attributed to alcoholism an important part in sex problems "of the lower category."

Dr. Rotman's work at the court brings together the individual and social aspects of the problem. On the basis of that experience, he declared that "the whole problem of alcoholism is so tied up with the industrial system as to make us think that it is not a problem for the doctor, but rather for the sociologist." And again, "Much as one would like to think of the problem as one of the individual, one cannot escape the conclusion that it is linked with the panorama of our social structure." He pointed out how wartime prosperity increased alcoholism among working classes, the victims often having the attitude of the *nouveau riche*. He reported on a study showing that as the pattern of behavior for women lost many of its feminine characteristics and tended to converge with the masculine pattern, the ratio of male to female alcoholics shifted from $4\frac{1}{2}$ -5:1 in 1931 to 2:1 in 1943, Psychiatric Institute, Municipal Court of Chicago.

Dr. Mowrer supported Dr. Rotman in relating alcoholism to social conditions, pointing out that in highly urbanized

regions, all types of personal and social disorganization, including alcoholism, are higher. He told of studies demonstrating that Chicago can be divided by a series of concentric circles, the inmost line inclosing the area of highest rates of divorce, illegitimacy, suicide, crime and alcoholism. In each expanding circle, the rates become lower. "One is not predestined to alcoholism at birth," he declared. "Alcoholism is only one of many possible reactions in the behavior pattern."

In response to a question during the forum period, Dr. Rotman declared that "the only way you can cure an alcoholic is by introducing a positive factor" into his life.

An eclectic effect was produced during the discussion period by the introduction of a question not included on the agenda—prevention. It was raised by a man who identified himself as a psychiatrist with experience in "hundreds of cases" of alcoholism. "As I see it," he said, "the best treatment of alcoholism is prevention. That includes general mental hygiene to prevent the maladjustments that drive many people to alcoholism, and specific measures to prevent alcoholism itself."

While suggesting means of prevention, the psychiatrist attacked the wide publicity given to the theory of alcoholism as a disease. "It may be true," he said, "but if we pound that idea into people, they get the idea that they have no responsibility, any more than they are responsible for contracting the measles. They shift the blame to me. I am a bad doctor because I can cure less than 50 per cent of the alcoholics who come to me. If they keep on drinking, the medical profession is to blame for not figuring out a way to stop them. That is the sort of attitude that comes from overemphasis of alcoholism as a disease."

WANTED—Inexperienced man over 30 to train for bartender's position. If you drink, you cannot qualify.—Advertisement, quoted in *Allegiance*, Denver, Colo.

Alcohol On The Campus

MANY OF THE STUDENTS who entered the Inter-collegiate Association's contest on the theme "Out-growing Alcoholic Culture" last year thought of the problem in terms of the college campus. Because of the significance of the statements of these students, obviously in the best position to be observers of the campus, some excerpts from their editorials are reprinted here.

Miss Barbara A. Kotrys of Rhode Island College of Education, Providence, traced the campus drinking pattern from a glass of beer at a fraternity bull session through a week-end binge. "Everyone agrees that the rising rate of alcohol consumption among college students is deplorable," she says, "but very little is being done about it." She indicates a poor student reaction to sections on alcohol in health and hygiene courses, attributing much of the difficulty to professors who "one-sidedly tell the student he should not drink."

Miss Kotrys proposes that the end be approached through two-sided scientific inquiry. "This could be accomplished in many and various ways. First of all, there should be numerous field trips to sanatoriums where alcoholics are treated, and to scenes of accidents that were caused by intoxicated drivers. Secondly, literature should be distributed. This literature should not state flatly that one should not drink, but should give the advantages and disadvantages of drinking. Thirdly, all alcoholics should submit themselves to both medical and psychiatric examinations in order to determine why they drink. Temperance, even abstinence, can best be accomplished through education. Therefore, this education should be started in the elementary school."

Miss Frances H. Steers, of the same college, asks, "If a student becomes used to drinking in college to 'drown' his troubles, how will he be able to face problems in the world of major issues? A foundation is necessary to build a house if it is to stand."

Miss Charlotte Ziegler of Cornell College, Mount Vernon, Iowa, suggests that "students from any environment turn to

alcohol as a release and semi-solution to many problems in their personal lives or in their adjustments within the college society. Should it not be the obligation of the college to be concerned about its students and view releases sought through alcohol as possible symptoms of emotional disturbance calling for aid rather than the customary disciplinary action?"

Lloyd Putnam of Jackson Junior College, Jackson, Michigan, has found that "unfortunately, some (students) are of the opinion that alcohol in small quantities is not harmful. The fact is that alcohol is a poison even when taken in moderate quantities. Many find that the initial physical effect of this poison on their systems is such that they can no longer get along without it. Literally thousands are in tragic circumstances today who thought, mistakenly, that they had will power enough to drink in moderation."

Writing under the title, "The Ivy-Covered Bottle," Miss Thelma Mulder of Calvin College, Grand Rapids, Mich., said: "The irregular and unsupervised life of the student lends itself to the formation of the drink habit better than do other lives. College students often are away from their home environment for the first time and usually suffer a reaction to the restrictions they were under at home. Being thrown among a mass of similarly independent students, they often lose their feeling of individuality. As a defense measure they tend to conform to the accepted college customs. The loss of individuality seems to bring out the worst in a personality. The college student, feeling himself part of the group, will begin drinking because the group does it. He will often continue until he is enslaved by the subtle tyrant, alcohol. Students are also liable to drink because of loneliness, a feeling of insecurity, or the constant pressure under which they drive themselves.

"These conditions make the glamorizing college tradition even more dangerous. The ivy must be torn off the bottle, and the treacherous trap revealed. People must see that the bottle tradition is not as innocent as tying goats to the dean's chair. Drinking needs to be presented to the college student not as a part of the tradition, but as a dangerous enemy to him and his career."

Alcoholism Among College Students

By MARTHA L. QUILTY

Rhode Island College of Education, East Providence

MANY YOUNG PEOPLE are heard to say that moderation in drinking is permissible or that anything in moderation is socially acceptable, but these people do not seem to realize that it would not be long before the drinking would have passed the stage of moderation and would be excessive.

Another argument which is heard frequently is that it is permissible for one to drink at parties and social functions. Those who defend this practice do not realize that the danger of this social drinking's soon passing the social stage is always present.

Dr. Roger J. Williams, director of Texas University's biochemical institute, says, "It seems to be a highly significant fact that it is practically impossible to treat young alcoholics successfully." He asserts that after a relatively few experiences with liquor, they begin to be addicted, and at an early age become serious addicts; that individuals who become alcoholics at a later age are, in line with our hypothesis, those whose susceptibility to craving is less pronounced and hence, more readily dealt with.

Dr. Williams also called it "significant" that alcoholics, once cured, cannot become moderate drinkers without succumbing to alcoholism again.

We students at a teacher-training college should learn and understand these facts about alcohol. We have a definite responsibility, because, in addition to being college students now, we shall be teaching future students and should be able to guide them wisely.

We Americans spend \$191 for the aid and treatment of every victim of tuberculosis, but only 66 cents each for our three million alcoholics.—*Boston Herald*, June 22, '46.

CULT OF TOXIC CULTURE

*Seek the Truth
Come Whence It May
Lead Where It Will*

The Visible Costs

The total expenditure for alcoholic drinks in the United States in 1946, as reported by the Department of Commerce, was \$8,770,000,000.

Among other returns this expenditure yielded 914,919 reported arrests for drunkenness, 44,853 arrests for driving while drunk, 247,255 arrests for disorderly conduct, 21,144 arrests for violating liquor laws, jail costs, court costs, delinquency of children whose parents are liquor addicts, broken homes due to alcoholism, fatal auto accidents, accidents in industry due to drinking, alcohol patients committed to hospitals, and other misfortunes due directly and indirectly to the custom of taking alcohol. In addition, there were unknown and lingering consequences and costs, that are not evident in the official reports from which these facts are taken.

* * *

Watch the Headlines

"Man Arrested After Slaying at Stony Fork; Victim Shot in House Near Logging Camp." The end of another drunken brawl.—*Louisville Courier-Journal*.

"Member of Drunken S. C. Lynchers Was Discharged Vet, Court Told." The men guzzled whisky while mapping plans for the lynching.—*Atlanta Constitution*, 5-17-47.

"Training School Home Brewery Is Frowned Upon." Some of the boys had stolen ingredients for home brew and were busily making it when caught.—*Daily Oklahoman*, May 28, '47.

"Mother Slain, Son Is Accused of Shooting at Home in Kenton County; Mind a Blank After He Took Swig of Whisky, Prisoner, 19, Says."—*Cincinnati Enquirer*, March 24, '47.

"Alcohol-hic; Whisky Yields Wry Victory." He won a \$20 bet that he could drink a quart of whisky in 20 minutes—he did it in 19, but needed a hospital to recover in.—*Detroit Free Press*, Mch. 14, '47.

"He Tapers Off On Hair Tonic." The man went on a five-day binge, ending it with a half-pint of hair tonic.—*Detroit Free Press*, June 4, '47.

"Cobb Officers Seize Still, Hold 2, One a Woman." The still was operating full tilt at the time of the raid.—*Atlanta Constitution*, June 5, '47.

"Co-Ed Testifies She Knew Strength of Escort and Withheld Resistance." It happened after a campus beer party.—*Atlanta Constitution*, May 3, '47.

"Gets 99 Years in Bar Murder." Maybe when he gets out he can keep out of trouble.—*Chicago Daily News*, June 5, '47.

"Hoodlums' Hangouts; Cicero Gambling Runs Wide Open." Several bars are "fronts" for gambling places.—*Chicago Daily News*, May 12, '47.

"U. S. Files Aerial Bootlegging Case." The whisky was transported from Wichita Falls, Texas, to Oklahoma City, by plane.—*Daily Oklahoman*, March 22, '47.

"Wife Breaks Leg in Plunge During Row." They had been drinking, a quarrel ensued, the wife jumped from a second story balcony.—*Los Angeles Times*, June 6, '47.

"Drunk Driving at Sea Solved; Jeep Operator Lured Ashore." It was an "amphibious" jeep.—*Los Angeles Times*, 5-20-'47.

"Sailor Freed in Snow Slaying." The sailor and the expectant mother had been drinking.—*Chicago Daily News*, May 29, '47.

"Mayor Shuts 4 Saloons, 4 Disguised Handbooks." The saloons were fronts for the bookies.—*Chicago Daily News*, June 6, '47.

"Roomer Kills Landlady, 83; Shoots Self." Drink crazed the man.—*Cleveland Plain Dealer*, April 25, '47.

"Money Stolen from Mother Aids Spree." \$15,000 stolen from his mother, financed new cars, expensive parties, and sojourns in hotel suites for 22-year-old son and a male com-

panion. The money was her life savings; she attempted suicide.—*Denver Post*, May 17, '47.

"Beggar Indicted as Pal's Slayer." He is 63, his erswhile pal was 69, and died beneath a train—"Sure I shoved him on the tracks. I was drunk and so was he. I pushed him before he pushed me."—*New York Mirror*, June 1, '47.

"Ten Suspended After Picnic; High School Drinkers Stir Quiz." Someone slipped into the picnic group with whisky and gin, and members of the picnic retired to secluded spots to "sip."—*Detroit Free Press*, June 1, '47.

"Moonshine Fails in West Virginia." There was a complete absence of moonshine cases from the grand jury docket, according to Federal Judge Moore, in April.—*Daily Mirror*, May 26, '47.

"Witness Says Cop Admitted Killing Woman." The witness pointed out the suspended policeman and quoted him as saying: "I'm in a mess. I just killed a woman."—*Daily Mirror*, May 15, '47.

"Marine Is Killed in Cabaret Fight." An A.P. dispatch from Shanghai tells of the shooting and killing of a marine corporal in a brawl between American and Chinese servicemen.—*Baltimore Sun*, May 26, '47.

"Seeks to Curb Tippling Minors." A bill was introduced into the Springfield Legislature making it a misdemeanor for girls under 18 or boys under 21 to attempt to buy liquor.—*Chicago Daily News*, May 14, '47.

"\$1,000 Bail Set for 7th Drunk Driving Arrest."—*Sacramento Union*, May 20, '47.

"Husband Is Released in Wife's Death Quiz." He hit his wife when she was drinking.—*Miami Herald*, May 30, '47.

"Virginia Sees Return of Moonshine with End of Sugar Curbs."—*Washington Evening Star*, May 25, '47.

"Thugs Kidnap Mother and Small Child." They tried to force drink on the mother but she refused. The men drank heavily, one raped the woman, and finally she and her child were freed.—*Denver Post*, May 29, '47.

"Horse Was Drunk, Rider Says." In Joplin, Missouri, the rider claimed his horse had been quenching its thirst on beer he provided and that therefore, it was the horse, rather

than the donkey in the driver's seat, who was drunk. —*Detroit Free Press*, June 1, '47.

"Man Admits He Ran Down Two With Car." The car with which he ran down two women was a stolen vehicle; he stole a second in making his escape from the scene of the accident. The man, a veteran of three years overseas, had been "drinking heavily."—*Omaha World-Herald*, May 13, '47.

"Punish the Parents." A reader of the *Herald* asks, "When a man goes home to his family intoxicated, what pleasure is he to his children—all sense of decency and respect gone, his thought and words vile—how can he teach a boy right from wrong?"—*Miami Herald*, May 31, '47.

"Liquor Store Suit Dismissal Denied." A vicar of the church decried the proximity of a saloon to his kindergarten nursery school, but the court held that the small children's kindergarten was not actually a school, but a day nursery, so there was no violation of city regulations.—*Miami Herald*, May 30, '47.

"Crime Increase Tied to Boost in Drinking." The commission of serious crimes is at its highest point in ten years, and alcoholic beverage consumption went up steadily over the same period, rising from 14.26 gallons to more than 20 gallons per capita a year in 1945 and the trend was still upward last year.—*The Christian Science Monitor*, May 31, '47.

"'Repeat' Drunk Driver Jailed for Nine Months." The 45-year-old man, pleading guilty to his fourth drunken driving offense, was sentenced to nine months in jail with no alternative. A second offender in Judge Percy O'Connor's court was fined \$1,000 and warned a third offense would net a jail sentence. "Drunken driver repeaters may expect no clemency in this court."—*San Jose Mercury Herald*, May 1, '47.

"For Alibis, You Can't Beat Pedestrians." Says staff writer Ralph Nelson, quoting Judge Watts: ". . . we should have more traffic policemen around the streets between 2 and 3 a.m. . . . people wandering aimlessly around the streets as bars empty; . . . a woman swaying in the middle of Grand Avenue thumbing her nose at motorists as they whizzed by."—*Detroit Free Press*, June 1, '47.

College Editorial Contest

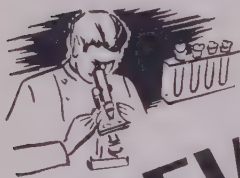
\$500 TO BE AWARDED IN 1947-48

COULD an appeal for good health, based on recent scientific findings, aid in solving alcoholic drink problems? If people really understood, would they act intelligently, with more realism?

College Student Opinion Today, said a noted educator, may flower in Public Opinion Tomorrow. Student opinion, if clearly expressed and an outgrowth of understanding, on this or any other public question, has its place in forecasting the attitudes and trends of action tomorrow. Therefore, THE INTERNATIONAL STUDENT announces the following contest for 1947-48:

THEME:

"Applying Preventive Medicine to Alcoholism."



PREVENT



CAN
PREVENTIVE
HEALTH
SERVICE
REDUCE

ALCOHOLISM?

The Contest, open to undergraduates in the colleges of the United States and Canada, is an Editorial Writing Contest; papers should be editorial in style and content, 600 to 800 words in length. Thirteen cash prizes are offered, \$200 to \$20 each.

An additional opportunity is open to those *who write early* in the college year, for from these editorials one will be selected for publication each issue in THE INTERNATIONAL STUDENT, with an additional \$10 award.

For information write EDWIN H. MAYNARD, Contest Secretary, 909 Webster Ave., Chicago 14, Ill.

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1948

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number --

Weeks: Leader in Modern
Scientific Approach

A Doctor Sees—and Acts

Freedom from Drink: Is It Desirable?

Loosening Drink Tradition

Testimonial: Auto Accident

Highway Danger Created by
Drink Custom

Social Pattern of Alcoholic Drinking

Alcoholic Culture Growing

Zurich, Switzerland
University of Zurich,

Democracy
is something
deeper than
Liberty; it is
Responsibility"



THE INTERNATIONAL STUDENT

JANUARY, 1948

Vol. 45, No. 3

HARRY S. WARNER, *Editor*

THROUGH THE co-operation of many friends of high-schools, who want teachers and students to have the latest and best educational and scientific information on the Alcohol and related problems, The INTERNATIONAL STUDENT is now being offered and sent, largely as gift-subscriptions, to thousands of high-schools throughout the United States, to Libraries, Teachers, Principals and Superintendents. Every state receives a share, hundreds or more, including Alaska, Hawaii, The District of Columbia. Never before has a high-grade periodical on this problem, so serious to youth, been so widely and continuously available to educators and their classes. Edited, largely, for colleges and college students, this High-School Project constitutes an enlarging service of The INTERNATIONAL STUDENT.

Many friends are sharing in it, but high special acknowledgment is due to the Board of Temperance of the Methodist Church, Washington, D. C., and the Executive Secretary of that Board, Dr. Ernest H. Cherrington, for the very large share they have taken for years and are now taking in this vital project. For to that Board, goes the credit for the presence of this publication regularly in thousands of Consolidated rural schools, village, small city, great city high-schools throughout the United States.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April and May.

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Courtenay C. Weeks, Leader

Of the Modern Scientific Approach to Alcoholism

An Editorial Tribute

SURGEON IN the British Army, lecturer to medical men and in high-standing educational centers, popular speaker and counselor among students and soldiers, outstanding minister and writer, Dr. Courtenay C. Weeks completed, on October 27th, a life-service of supreme worth to the larger and deeper meaning of the world movement against alcoholism and alcoholic culture.

At the outbreak of World War I, Dr. Weeks was a minister in the Church of England—a minister with a medical background in training and experience—and a large congregation. Enlisting in the army he was commissioned as a surgeon and placed in charge of the Military Hospital at Malta, to which came a tragic number of casualties during the Gallipoli campaign of the British forces. After the armistice he served as surgeon at the Royal Hospital at Woolwich, near London, and as speaker to the army demobilization camps in England.

Choosing Post-War Service

With the return of peace, Courtenay Weeks found himself in 1920 in position to continue any one of several vital fields of service to his country—all specialized and greatly needed in the critical reconstruction period. Because of his years of intimate contact with young men in the army—the heavy drinking of many and its consequences in their lives—and their interest and response when he talked to them, or discussed with them in groups and personally, he chose to continue in that field; first, among soldiers returning to home life, then in the higher schools of Great Britain. To this he added a specialized form of scientific education on alcohol and drinking

when he became Medical Lecturer of the National Temperance League in September 1920, devoting, thereafter, his full time to speaking, lecturing, discussing and organizing scientific educational activities among the educators, the colleges, universities, schools, medical societies, health groups and similar agencies of the country.

Promoting Scientific Approach

In this special field, from 1920 to the beginning of World War II, he fulfilled 6,500 lectures and speaking engagements, an average of 340 a year, in addition to writing several scientific books on the problem, editing a scientific temperance journal, organizing modern scientific educational programs on alcohol and alcoholism for Great Britain, and taking a leading part in International Conferences on the problem. In doing so, he gained a world reputation for his substantially-based methods of dealing with the highly controverted problems of "drink" and liquor.

From his very beginning, Dr. Weeks was recognized for his scholarly, yet devotedly sympathetic, ways of speaking—and thinking—on the alcohol problem. He was strictly scientific and objective, moderate in statement, scrupulously accurate as to facts available in the material used, yet he gave to his work, in the evaluations and conclusions of his lectures, articles and books, a human welfare and moral tone that tended to establish a sense of social responsibility toward service. As speaker, he was outstanding in personality; his arresting voice and obvious sincerity gave his messages an instant appeal to his audiences.

Among Students and Teachers

Probably no man in recent years—if ever, in British history—has made a more effective, well-received and convincing impact on the thinking people of Great Britain so far as the Alcohol Problem is concerned, than has Courtenay C. Weeks.

With his unique background of medical experience and religious devotion—and his hospital service of the war—

(Continued on Page 70)

The Doctor Sees--And Acts

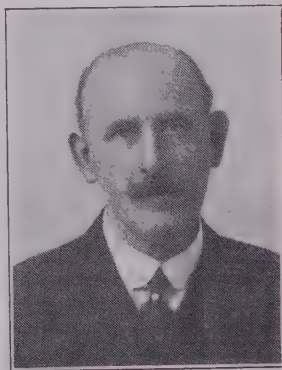
FROM HIS OWN EXPERIENCE

By COURTENAY C. WEEKS

AS YOU KNOW I am not a life-long abstainer. In my early days as a doctor in a large country practice, quite contrary to what I had been taught, I became increasingly convinced that alcoholic beverages were a hindrance rather than a help in the treatment of illness and after operations. I gradually used less and less, and at last cut out alcoholic liquors as far as I possibly could, and used non-alcoholic preparations of medicine.

At the same time, however, I took drink myself and supplied it to my friends—well, simply because I liked it. Later as the result of a gradual conviction, partly due to the havoc wrought by drink all around me but mainly on prudential and selfish grounds, I became an abstainer. Of course, I had seen how alcoholic habits impaired health and hindered recovery from disease or from the effects of an accident; but it was mainly as a prudential measure in view of my ambition as a doctor that I abstained.

Today I see the confirmation of earlier convictions and the need of a definite witness for total abstinence; and not least when I think of the infamous campaign now on foot to capture “youth as the mainstay of the public house!” Then, there is the bitter cry of domestic tragedy, the increasing volume of international opinion against alcohol, and the convergent evidence of scientific fact with regard to the action of quite small doses of alcohol on living tissues and the human body.



DR. COURTENAY C. WEEKS,
London, Eng.
M.R.C.S., L.R.C.P.

From a letter written in 1941; see *The International Student*, May, '41.

COURTENAY C. WEEKS, Leader

(Continued from Page 68)

he was recognized as possibly no other man could be recognized—and welcomed—when speaking on Alcohol in his work among high educational centers and professional societies. His objective emphasis, his avoidance of propaganda of a political nature, opened for him and for his cause opportunities in even the more conservative social and educational circles. He had many lecture engagements in the great universities of England, Scotland, and the Continent; in the noted “public schools” of England—Eaton, Harrow, Rugby; in the colleges, teacher training colleges, medical colleges, theological schools, and the medical and educational societies.

One of the services that he enjoyed most was to share in college discussion groups—a form of student self-education that was popular in the English universities before it came to America. As leader, he combined factors of the doctor, the teacher, the personal friend of students, the psychiatrist, the minister, the citizen with a sense of social responsibility that appealed to aspiring students, and a concern for public action and public opinion. As such, he won Britain-wide, International, World-wide reputation and honors.

A Personal Tribute

I knew Courtenay C. Weeks. I heard him speak daily for a week in a conference of British temperance leaders in North Ireland, sharing to some extent in the program. I was with him in 1921 at the International Congress on Alcoholism at Lausanne, when the World Student Federation Against Alcoholism was formed, shared with him on committees, nominated him for President. I was with him at similar conferences—both general and student—at Copenhagen in 1923 and at Antwerp in 1928. He “had a way” with students and teachers; a way that won the interest of educated people of many countries who might be supporters of drink customs. He always sought the truth, recognized it, for or against “drink”. He inspired others to want the truth, to think for themselves, to

decide for themselves. He had high confidence in the integrity of students—and others who think—to be socially minded in their decisions, attitudes, conduct and sense of responsibility to aid in service toward a non-alcoholic life and society. On this basis for abstinence he was never equivocal.

In my opinion, Dr. Weeks was one of the most effective speakers to university students, teachers and professional men and women on the problem of alcohol that this century has produced. His service to Great Britain is outstanding—and it reaches around the world.—H.S.W.

Freedom From Drink

IS IT DESIRABLE?

By COURTENAY C. WEEKS

MANY OF those who, in other directions, are leaders of thought and action would tell us that "total abstinence" is an unnecessary curtailment of life. That since alcohol increases the pleasure of life, we are fully justified in its use, and that such use betokens a stronger will, greater self-control and virility than abstinence.

Alcohol and the Job of Life

We are told that through countless ages man has found solace in alcohol which he will not readily renounce, that it has been used in the past by nations and individuals through whose life and work, modern civilization and the achievements of science and art, literature and industry have been built up.

There is, of course, a measure of truth in this, but the modern movement toward abstinence is not yet a hundred years old, and its acceptance today is based on no narrow view of life. It is not the outcome of fanaticism or fear, nor a spirit of "kill joy," but due to the recognition of convergent strands of evidence, in the light of which we can see that achievement has been in spite of rather than because of alcoholic indulgence, and that neither the glory nor the joy of life is lessened by abstinence.

From *The International Student*, Feb.-Mch., 1930, 71.

Hence, recognizing this "other side," which centers in the fact of euphoria, we still make our appeal to the "makers of tomorrow" to break the traditions and conventions which have made indulgence a supposed necessity of convivial life and social intercourse.

Control of Primitive Behavior

The true enjoyment and richest experiences of life, all progress and efficiency, are due to man's great prerogative that through the use of the higher centers of his brain, he may bring all sensations and impressions, all his hopes and desires, to the bar of critical and discriminating judgment. Heirs as we are of a long evolutionary past, there have gradually been built up on the substratum of animal instinct the higher human powers of inhibition, self-control, conscientious reason, and the formulation of literary, artistic and religious appreciation. Yet we are still consciously and unconsciously urged, swayed and influenced by primitive desires and impulses, which lie at the very base of human behavior. In the subhuman animals behavior is almost entirely instinctive, with a minimum of intelligent control, and the main instrument of such behavior lies in masses of grey matter in the brain, known as the basal ganglia. In the development of human life these have been gradually overarched by, and subordinated to, the control of the higher centers in what is known as the cerebral cortex. Consequently, any impression made upon or through the body, which may lead to a sensation or a desire, passes first to the basal ganglia and is then transferred to the cortex for discrimination and reasonable control. When the instrumentality of the cortex is impaired, then for the time being "man" is so far dethroned, because the cortex is the organ through which thought and spirit raise him above the level of the brute.

Not only is the cortex the instrument for the humanizing of the animal and for linking the human to the Divine, not only the agent of all man's upward striving; it is also the supreme organ of precision and efficiency in action. It is the means whereby on the receipt of an impression of sight, sound, touch or thought there may follow the appropriate expression in action. That action may involve a smart catch

THE ALCOHOL QUESTION IS—Which?

A PASSING sensuous pleasure, which helps to rivet the alcoholic tradition on national life, or a progressive mental efficiency and an attempt to liberate the nation from the shackles of an age-old bondage.

—COURTENAY C. WEEKS, M.R.C.P.,
London, England.

in the slips, or the sudden control of a motor car in an emergency, or the decision which may make or mar a human life as it faces some great temptation of a moral demand.

Cost of Alcohol Pleasure

Even more subtly, the cortex is the organ through which a constant inhibitory or governing action is maintained upon the lower centers, harmonizing them, like the governor of an engine, preventing them from racing and getting out of control. Alcoholic beverages from first to last, through their narcotic action on brain cells and fibers, impair, weaken and finally paralyze these higher and last-formed centers. Alcohol increases the pleasure of life by paralyzing the critical judgment.

First, it impairs inhibition, and the so-called “stimulant” effect is due to uncontrolled activity of lower centers.

Second, sensations and feelings, with their accompanying desires, are robbed of that finer discrimination which should be the prelude to right action.

Third, impressions which are to issue in expressions, need control and coordination; alcohol breaks down control and impairs coordination; the time between reception of an impression and the appropriate expression in action is lengthened and its accuracy interfered with. But, what is of even greater significance, the judgment of the individual is so distorted that he actually “feels” and thinks that his responses and activities are enhanced. He has indeed “an uncritical self satisfaction with performance.” Thus, all along the line the narcotic action of alcohol is to impair the powers of the brain from above downwards.

Facing, then, all the sensuous enjoyment that indulgence may give, realizing that from first to last alcohol impairs the very crown of creative evolution, the question for each of us is: *Which shall it be?*

A passing sensuous pleasure, which helps to rivet the alcoholic tradition on national life, or a progressive mental efficiency and an attempt to liberate the nation from the shackles of an age-old bondage?

Two high balls might increase a person's confidence to a point that would cause him to do some foolish things and cause him to drive a car unsafely.—Lawrence Kolb, M.D., Assistant Surgeon General, United States Public Health Service.

I am deeply interested in your new program. Certainly great strides have been made in the last decade—I might say in the last quarter-century—and in the right direction, that of education. The stupid, foolish waste of liquor cannot appeal to the right people much longer.—Mary Ross Potter, Former Dean of Women, Northwestern University.

SHIFT TO PREVENTIVE MEDICINE

THE GRADUAL shift of Emphasis from curative to preventive medicine is one of the most important developments of our time. . . Public sanitation measures to prevent epidemics: quarantine—national, local, and in homes—to forestall trouble—these are signs of the times in medicine. We are showing that we believe that an ounce of prevention is worth a pound of cure.

Alcohol education fits properly into this prevention pattern. Why wait for a person to become a habitual alcoholic before you try to do something for him? Why wait for him to take his first drink before you point out the physical and mental implication of drinking?

—RAY LYMAN WILBUR,
President, Stanford University.

Students Of The Baltic States In Exile

By ADOLFS SILDE,
Muenchhausen, Germany

IT IS IMPOSSIBLE to imagine present-day Europe without its mass of refugees, its DP'S, its millions of evacuated peoples. In no better way can the social catastrophe that has occurred be characterized than by noting the immensity of the uprooting of peoples from their former homes and native countries. For these millions now in exile, no less than for World War II itself, the absurdities of totalitarianism, are responsible.

In Western Europe, as the roar of the war ceased, democracy began to regain its former position, but not so, in the East, which is still being suffocated by the yoke of totalitarianism, and the absence of even the most elemental of human rights.

Suffering has been extreme, especially among the peoples of the Baltic states, which were twice occupied by the Soviet Union, with Hitler between the two occupations. As a result today 250,000 Balts—Latvians, Esthonians, Lithuanians—are forced to remain outside their native lands. In addition, many thousands have been deported violently to Siberia. This is a terrible affliction for these neutral, democratically disposed people. Lacking any kind of assurance or guarantee of humane and democratic living, these Balts have remained in exile. That they are active and excellent men, is proved by the fact that, in spite of the immense difficulties of exile life, and repeated humiliating experiences, 5,000 Baltic young men and women have been carrying on advanced studies at Western Universities. They are to be met in Sweden, Denmark, Belgium, France, Italy, Switzerland, Austria, but chiefly in the universities of the American and French Zones of Germany.

Study with an Eye to the Future

These students from the Baltic countries are studying, not only to occupy their time while in exile, but also that they may be prepared to apply their knowledge some day in their

native country or in the land that may offer them a future abode. Thanks to the initiation of Baltic scientists, a Baltic University was founded in Hamburg in the Spring of 1946. Some of the Baltic students in the American Zone, pursued studies at the recently closed UNRRA university in Munich. In spite of the fact that Latvian scientists now in Germany and Sweden, can, only with utmost difficulty, establish conditions for research, they have yet published important papers in various divisions of science. A few have been invited to the United States; we see them at work in universities and scientific institutions of California, Missouri, Illinois, Pennsylvania and elsewhere. These students and scientists have given strong refutation to the frequent charge of inactivity among the exiled.

Social Welfare Activity

Baltic student life has long been noted for the interest taken in social activities. The form of organization most preferred has been of the "closed type" akin to the German student "corporation," and the Swedish association of fellow countrymen. They were able to take pride in well developed academic traditions, which, however, were accompanied by widespread drinking customs. These customs, however, in recent years have lost a good deal of their previous splendor. During the period that Latvia, Lithuania and Esthonia were independent, these student organizations increased greatly in influence; spreading beyond the seclusion of former academic life, they caused new and brisk currents to appear. The existing student organizations abolished the drink compulsion, "drink-zwang"; many new organizations, formed at that time, began their activities under the abstinence principle. The happy activities of these non-drinking student organizations, twenty years ago and later, were reported frequently in *The International Student*.

Educational Activities in Exile

The young academic people now in exile approach the traditions of drink and abstinent living, according to the educational circumstances in which they now find themselves. West Germany in fact may be considered as "dry" for them as a result of the restrictions and prohibitions that have been applied since surrender. No spirituous liquors

are to be found nowadays in Germany,—the land of famous beer and wine, other than 0.5% beer. Wine is non-existent, even in the black market; it is restricted by the occupation forces. Brandy, "vodka," is available in the Russian Zone, and easily available; it is an original part of the USSR system that no matter how many other items are lacking, or how expensive to the ordinary man, this cannot be said of brandy. For brandy can be bought everywhere and at any time in the Russian Zone.

Among the Baltic refugee students in Sweden, who struggle to gain a living that is scarcely enough to cover their school expenses, there prevails, nevertheless, a well-disciplined striving of academic idealism. This is shown by the activity of a group of students, known for their abstinence, who, although no sharp danger (from drink) is at hand, have given 100 lectures on social hygiene and alcohol within the past two years. Various questions related to alcoholics have been repeatedly discussed in the press of the exiles. This student activity is under the leadership of Prof. Dr. Theodor Grinbergs and Prof. Dr. Karlis Kundzins, active leaders in the abstinence movement.

Baltic academic youth and university people are striving earnestly to develop friendly relations with American academic circles. In this they are greatly encouraged by the persistent emphasis given by the United States to the human rights and liberties of oppressed peoples. The Balts are following, with deep respect and admiration, the humane efforts of the Americans now being carried on in Europe. If there is a glow of hope for a better future for violated peoples, anywhere, it is because the ardent flame of liberty has not been extinguished on the other side of the Atlantic,—the spirit of 1776 is still kept active.

ADOLFS SILDE, mag.jud., now a refugee from Riga, Latvia, with his family in the American sector of Germany, is engaged in Red Cross service among the refugees from his own and other Baltic regions now under Soviet control. He is a writer and an editor of educational publications who has given

and is giving much educational service to the Alcohol problem, including the writing of a history of the Temperance Movement in the Baltic States.

While a student at the University of Latvia, Riga, he was a leader in anti-liquor movement that grew strong, both among students and the public of all the Baltic states while they were independent. But his chief interest was with his fellow-students. From 1927 through 1933, he was a correspondent of "The International Student", one of nineteen such representatives outside the United States at that time. He attended and shared in conferences of the World Student Federation Against Alcoholism, and those of the Scandinavian student temperance societies.—EDITOR.

Toxic Culture "As Is"

COVERED WAGON stock habits persist. Hence one Sunday morning the writer went breakfasting at 6 A.M. It was in a downtown San Francisco restaurant. Three tables away was a quartette. Family resemblances proclaimed the men brothers.

All four were intoxicated. The women smoked cigarettes. The one they called "Bill" put down his plate: It had a beefsteak with three eggs atop, like an Argentine *carne a caballero*. His wife had an empty plate. He flew into a passion. "Didn't I order the same for you?" "Bill, all I want is three black coffees and a packet of cigarettes". "You'll eat that and then a stack of hotcakes. I know what's good after a night out". "Can't . . . I'm soused." "You'll do it or I'll throw you out of that front door into the gutter."

Jack, Bill's brother, countered with "why are you so bullheaded. Bill?" "Because she's insulted me." "Why?" "She's pretending that after I blew in what I did last night. I ain't got money enuf to buy her a square meal. W'ots big wages for, if you can't paint the town red Saturday night?"

—C. M. Goethe, Sacramento, Calif.

Loosening Drink Tradition

AT THE UNIVERSITY OF LATVIA

A Student Movement of the Inter-war Years

THE ARTICLE on "Students of the Baltic States in Exile," in this issue of *The International Student*, by Adolfs Silde, now in Red Cross service among Latvian refugees in Western Germany, offers a realistic occasion to recall what he and many of his fellow students in the little Baltic states—Latvia, Esthonia, Lithuania—as well as many more in Finland and the Scandinavian countries—were doing in the period between World Wars I and II. For at that time, they and their cooperating faculty members in the universities and other higher schools, were leading a vital, constructive peace-time service—an academic movement toward reduction and removal of alcoholic drink, traditions and culture.

Reflecting the spirit of newly-won freedom, after the downfall of the Czarist regime in the Baltic states, this movement of students was educational and scientific in program and purpose, yet positive in its questioning of all practices and customs that depended on alcohol as a means to enjoyment. In the degree of popular support it gained in the universities, it was a clear break from many traditions of the past—a step toward a "new day," the results of

UNIVERSITY
OF LATVIA,
RIGA,
LATVIA



which may be expected to reappear as post-war tragedies become less imperative.

It may be interesting, therefore, to note from the writing of Mr. Silde, who from 1927 through 1943, while a student at the University of Latvia, was a correspondent to *The International Student*, some of the activities and purposes expressed by these students in their efforts to weaken the drink traditions of university and civic-life, in favor of healthful, non-alcoholic living. For these activities were much greater than is generally known, down to the time that the spread of totalitarianism came to monopolize the situation in Central and Eastern Europe.

University of Latvia

Writing in 1928, Silde says regarding student societies at the University of Latvia, Riga, "the customs of which, to a certain extent, determine the character of student life," that "some still retain their former drink customs and traditions, inherited largely from alien and non-Lettish academic societies. But the majority of Latvian student societies today have eliminated traditions of drink from their internal or group life, having banished the use of alcoholic beverages from their rooms and meeting places."

In 1926, a student society was organized the purposes of which were:

- (a) "To unite and organize the students of the University of Latvia in the struggle against drink;
- (b) "To popularize, by upholding it, the principle of personal abstinence among students and in society in general;
- (c) "To advance scientific research regarding the effects of alcohol upon the human system and
- (d) "To create new and healthful traditions that are free from drink habits and influence. . . "

"To this end, it arranges lectures by university professors, discussions, debates and similar meetings, both in the university and outside of it."

Pioneering a Modern Approach

To equip students to be effective as leaders and educators in their home and other communities, the society organized, with the aid of faculty members of the Univ-

ersity and lectures from other universities, a special course of six weeks, with such subjects as the following:

"Intellectual Work and Narcotics," "Heredity and Hygiene," (as related to alcohol), "Alcohol and Tuberculosis," "Influence of Alcohol upon the Ethical and Esthetical Life of Man," "The Alcohol Problem from the Point of View of Social Economics," "History of the Abstinence Movement," "The Fundamental Traits of Psychic Life," "Alcohol from a Physiological Point of View," "Means and Methods in the Abstinence Movement," and "The Art of Public Speaking."

Academic Recognition

At the completion of the course, following addresses prepared and delivered by the students, an examination was given, and the educational privileges awarded. Thereafter these qualified students shared in public meetings throughout the country, taught in the public schools, prepared posters, "started a systematic plan of abstinence education in the middle schools of Riga." One year "lectures were given by the students in twenty-six schools by thirty-four speakers on thirty-six subjects." A press and foreign service and contact with foreign countries—since the country was small—were given special attention. Sports, abundant recreation, music—all were emphasized to replace drinking customs in student life. A library of 2,000 volumes was assembled and made available to many outside the university.

Trend Away from Drink

"Of all the idealistic movements, at present," Silde wrote a year later, "it is the abstinence movement which meets with the greatest response among students. The old drinking habits become more and more unpopular; they have lost their ancient attractiveness and student organizations are coming more and more under the influence of abstainers." . . . headed by LUSAB, the society at the University in Riga. In addition to its educational propaganda program among the students, this organization of students arranged speaking tours, gave lectures and formal groups in the public schools, reaching thus 16,000 pupils in one year, a large number for so small a country.

The program at the University included lectures at the opening of the year for new students, attended by an average of 600 students. Professors gave addresses on "The Abstinence Question and the University," "The Impulses of Men," "The Anti-Alcohol Congress in Antwerp," and current European aspects of the problem, including report of activities in America. With rooms of its own in the general student building, the anti-alcohol society held student conferences and discussion groups, provided speakers for service and offered prizes for writing contests on "The Production of Non-Alcoholic Beverages," "The Latvian Student and Alcohol," and "The Alcohol Question from the Moral Point of View."

On the Tenth Anniversary of the establishment of Latvia as a Republic, and as a part of the celebration, the fourth annual conference of student organizations of the Baltic states was held at Riga University. International cooperation was strengthened and an "Abstinence Week" arranged to be conducted simultaneously in Finland, Esthonia, Latvia and Lithuania.

The local group at Riga took the initiative also including other anti-liquor and welfare agencies, in an application to the Municipal Board of the city to establish fountains on the public square to provide drinking water for the public. In so doing they had to meet the adverse policy of the administration that, previously, had not cared to make fresh water available lest it interfere with the interests of the sellers of beer.

Thus, says the writer, this student society "devotes itself to the establishing of non-alcoholic traditions to aid in abolishing harmful and illogical drinking habits."

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Testimonial

By FRANKLIN PARKER

The Fact:

FOUR DIE IN ACCIDENT CAR PLUNGES INTO PEEKVILLE RIVER

At 10:25 P.M., on Saturday, October 25, a 1942 Ford, bearing license No. 4Y792Z, crashed into the guard railing on the Peekville Turnpike, north of the dirt road leading to the home of D. W. Morgan. The automobile crashed through the railing 420 yards from the dirt road. The driver evidently was going at an excessive rate of speed. The vehicle was forced into a gully, overturning fourteen yards from the Peekville Bridge. The metal top was squashed by the impact and the two doors on the driver's side were ripped off. The driver was thrown clear, but the vehicle broke through the steel cables and plunged into the river below.

D. W. Morgan and his son, Richard Morgan, rushed to the scene of the accident. The driver's twisted body showed signs of movement when the Morgans bent over it. He attempted to speak, but was inarticulate. An ambulance from Mt. Wilson General Hospital, forty miles away, was dispatched at once upon receiving the emergency call from Patrolman Clarence E. Watkins of the 14th Precinct. The driver was already dead when the ambulance arrived.

An autopsy was performed by Coroner James E. Hatfield, of Polkin County, who reported that evidence of alcohol was present in the stomach contents of the driver "in sufficient quantity to render him incapable of driving safely." The 14th Police Precinct dispatched tow and cables within four hours to the scene of the accident and recovered the vehicle and its occupants from the river's muddy bottom.

A Junior at Berea College, Berea, Ky., Franklin Parker was awarded first honors in the 1946-47 Editorial Contest of the Intercollegiate Association on the theme, "Outgrowing Alcoholic Culture."

The body of a woman and that of two children, a boy about twelve and a girl about seven, were found inside the car. Identification cards and other papers served to identify the occupants as Mr. and Mrs. James E. Pearling, and their children, Jackie and Louise Pearling. Relatives of the accident victims have been notified of the tragedy.

The Testimony:

Patrolman Watkins: That guy was a sorry sight when I got there. We haven't had an accident on this bridge for months. What are you going to do when drunks drive? You can't stop 'em from killing themselves. I'm sorry for the Missus and the kids. I got three of my own. I turned in my report to headquarters and did all I could. The terrible thing is that these things happen. Those birds ought to learn to leave the stuff alone when they go to taking their family in the car. It sure is terrible.

Mr. D. W. Morgan: My wife won't sleep for a week now. We don't have accidents here often, and none of them as bad as this one. I'll never forget how that fellow looked when he tried to speak. I think it came to him in a flash—about his wife and kids, I mean. All I could see was his eyes. Like a hurt dog. I'll never forget it.

The Coroner: In a violent accident such as this it is difficult to correctly ascertain the immediate cause of death. I found the woman to be heavily lacerated about the arms and head. The shock probably rendered her unconscious. The boy died instantly; his chest was crushed in by the concussion. The girl's left leg was badly mangled and her right foot broken in several places.

The autopsy performed on the dead man revealed that he was addicted to alcohol. His stomach contents showed unmistakable evidence that he had consumed liquor during the last eight hours.

Mrs. Pearling (his wife): Jim had his faults. I used to complain, but it never did any good. Jim was captain of the high school football team when I first came to Centerville, and the most popular boy in town. The first time we dated he bought me a ribbon for my hair because he said I was the prettiest girl he'd ever seen. On Christmas day when Jim proposed I was the happiest girl you could find.

TO A NON-ABSTAINER

IF YOU cannot follow us all the way, at least help us to protect and educate childhood; give us your sympathy, in the belief that at least it is the final good of the larger number we really seek.

—COURTENAY C. WEEKS, M.R.C.P.,
Alcohol and Human Life, 193.

There were good years, working together, saving for that red-brick house we wanted to buy on Chestnut Hill. Jim's business got bad and he began entertaining a lot. I never approved of his drinking, but the crowd he dealt with were not our kind of people. From then on Jim got worse. He stopped drinking for a while when I threatened to leave with the children, but it didn't help. He needed me. I don't mind so much for myself, but the children. . . .

The Bottle: Why come to me? I can't help what people use me for. Go to the folks that use me. Better still, go to the business men who fill me.

The Distiller: Wait now, hold on a minute. You're not going to pin this thing on me. I'm not responsible for what my product does. I have my living to make. My concern employs 16,000 people and our beverage is made under government sanction. My chemists observe the pure food and drug laws. Besides, this is a free country. You can't throw a case like this in my face. I paid \$14,000 in taxes for the last fiscal year. I have my plant to think of and my business. Millions of people derive pleasure from my product. I don't advocate drunkenness. I'm not responsible because fools lose their heads by over-indulgence. Our distilling association spends millions of dollars annually to combat bad publicity. I didn't drive the car. It was an accident.

The Earth Near Peckville Bridge: He fell close to me; I felt the impact of his body. What was brown mud he made red clay. He turned his face and buried it in me. I heard him say, "O God, what have I done!"

END

Highway Danger

CREATED BY DRINK CUSTOM

THE FOLLOWING resolution, adopted by the 45th Annual Meeting of the American Automobile Association, expresses the extent of danger in public highway traffic that comes from the habit and custom of using alcohol as a beverage:

"Drunk driving or driving while under the influence of an intoxicant is tremendously more hazardous than the American public realizes. A driver need not be "drunk" in the common sense of the term, in order to be dangerous; he is a menace whenever he is sufficiently under the influence as to have his ability measurably impaired. Recently there have been increasing evidences that this anti-social practice has been growing.

"Accident records very frequently fail to show that a driver has been drinking or is under the influence of an intoxicant. In reports made by drivers, this admission is rarely made. Police preparing accident or violation reports are understandably reluctant to record the reason as 'having been drinking' or 'being under the influence.' Thus the tendency has grown to 'book' such a person on a lesser charge. The exception is in the growing number of places where scientific tests are in use for showing the amount of alcohol in body fluids or in breath. Such tests have already been accepted by many courts and the trend is definitely favorable for their acceptance.

"A study has shown that drivers having a concentration of 0.15% or more of alcohol in the blood have an accident rate 55 times that of the non-drinker. Thus, the tendency toward sympathy for the drinking driver is exceedingly expensive in its effect upon accidents.

"Many jurisdictions have suitably strict laws governing 'driving under the influence,' but these laws are made ineffective by the lack of scientific tests for intoxication to back up the police, sometimes by lack of proper police policy, by jurors who do not realize the results of failure to impose proper punishment by lack of vigorous action by motor

departments with respect to license suspension and revocation for drunk driving conviction, and by widespread public apathy or at least lack of vigorous organized public opinion demanding proper protection against this very serious violation."

Social Pattern Of Alcoholic Drinking

SUMMARY OF A SURVEY

By WAYNE W. WOMER

"THE SOCIAL PATTERN of Alcoholic Drinking" is the title of a survey conducted for Rutgers University by the National Opinion Research Center of the University of Denver. The following facts are taken from this survey:

The questions for which answers were sought are *How many people drink? What are their social characteristics? Where do they live? and What do they drink?*

65% of the adult population of the U. S. drink alcoholic beverages. (21 years of age or over).

More than half of those who drink use distilled spirits although not exclusively.

In terms of frequency of drinking, 17% are regular drinkers and 48% are occasional drinkers. (Regular drinkers are those who drink at least three times a week. All others designated occasional drinkers).

75% of the male population drink as against 56% of the female population, and three times as many men as women are "regular" drinkers.

The Social Pattern of Alcoholic Drinking by John W. Riley, Jr., Ph.D., Professor of Sociology, and Charles F. Marden, Ph.D., Assistant Professor of Sociology, of Rutgers University. *Quarterly Journal of Studies on Alcohol*, Sept., '47, 263-273.

Rev. Wayne W. Womer, a member of the First Yale Summer School of Alcohol Studies, is Secretary of the Alumni organization of the successive Summer Schools on Alcoholism at Yale, a leader in the organization of discussion and activities, and Executive Secretary of the Virginia Church Temperance Council, Richmond.

The proportion of drinkers varies positively with increasing size of community, from 46% in farm areas to 77% in cities with more than 1,000,000 population.

The percentage of drinkers increases from low to higher economic levels.

By educational classification, those who have high-school education or better show a higher percentage of drinkers than those with less than high-school education.

The percentage of drinkers decreases positively in terms of longer native background. A two-to-one difference in "regular" and "occasional" drinkers is found between those of foreign as distinct from native background.

A striking difference is noted according to broad religious groupings. The proportion of Protestant abstainers (41%) is twice that of Catholics (21%), and three times that of Jews (13%).

In terms of changing trends, a comparison of these findings with earlier estimates indicates (a) an increase during the war period in the proportion of people who drink, and (b) a greater proportional increase in the number of drinkers among women than among men.

An analysis of the influence of social and cultural trends upon the incidence of drinking suggests the following interpretations:

The rise in the relative proportion of female drinkers apparently reflects the increasing trend toward the emancipation of women which has been operative in American society throughout this century. Since this trend has not reached its peak, it may operate to increase still further the total proportion of drinkers.

Since these general social trends point to a further increase in the number of people who drink, approaches to the problems of alcohol through sumptuary legislation will apparently have increasingly harder sledding.

There is no more important work than what you (Secretary Shouse) and the Intercollegiate Association are doing to try to overcome the hold that alcoholic drink has over modern life.—Charles J. Turck, President Macalester College.

Alcoholic Culture Growing Fast

GEORGE G. BRUNTZ,

San Jose State College, San Jose, Calif.

DURING THE DAYS of Prohibition, the Bootlegger and the Racketeer, a great many Americans felt that legalized drinking would reduce drunkenness and crime. "Just give the people liquor", we were told, "and there won't be so much drinking."

More than thirteen years have passed since repeal and we can now take stock of ourselves. All available reports indicate that America is giving itself the biggest dousing in its history. The American Business Men's Research Foundation reveals that the per capita consumption of liquor in 1945 was 20.35 gallons. Instead of the secret rendezvous of the bootlegger and the few drinkers, we now have the "cocktail lounge" and the "cocktail palace" where men, women and young people gather and where crime is bred even more readily than in the old pre-prohibition saloon or the bootleg "joints" of the Prohibition Era. Police and law enforcement authorities rate these "taverns" as the number one crime-breeding spots in America. The Federal Bureau of Investigation has time and again pointed out that drunkenness among the young people has played a major part in increasing crime in America, not to mention the automobile accident death rate.

The ratio of arrests for drunkenness per 100,000 population in cities alone has increased 134.2 per cent since 1932—the last full year of prohibition. That drunken driving is on the increase is evident from statistics from all parts of the nation. The New Jersey Department of Motor Vehicles recently reported 54 per cent increase in the revocation of drivers licences because of drunken driving during the first nine months of 1946. The National Safety Council reported that 318,000 motorists in the United States lost their driving rights in 1946 because of drunken driving.

Nor is this the complete picture. Recent studies show

that in 1945 there were 58,250,000 users of alcohol in America, or 60 per cent of the population over 15 years of age. The total number of "drunks" was 3,750,000 or one out of every 15 users of alcohol. Of this number there were approximately 750,000 chronic alcoholics or 1 out of every 78 users. Apparently the 100 million dollars that the liquor interests are spending annually for advertising are bearing fruit. A recent report of the Wine Institute of California reveals that shipments from California Wineries into national trade channels soared to an all-time high of 122,684,838 gallons during 1946—a 51 per cent gain over 1945.

While America's liquor bill is increasing by leaps and bounds and while its crime bill is reaching staggering proportions, our contributions to Church and charitable institutions have shown a steady decline. According to the National Stewardship Institute the contributions to Church and benevolence agencies has decreased 1 per cent since repeal. This, despite the increased income of the people. While we Americans gave a scant billion dollars to character-building agencies in 1941 we spent 7 times that much for alcoholic drinks. In 1944 our giving was 72 per cent lower than in the Depression year of 1932, according to this same report.

What is the answer to this growing "Alcoholic Culture"? Dr. Joseph Thimann, Medical Director of Washington Hospital in Boston, believes that education as to the harmful effects of alcohol is the only solution. This is the only solution. This enlightenment should be directed at the young people. It should teach them that drinking is not as much proof of good fellowship or "adult-hood", but that it is rather a "cowardly habit-forming anaesthetic inducing the user to avoid or postpone facing realistically difficulties and responsibilities of life and dealing with them like a man in a mature and constructively aggressive way."

It is also suggested that much could be done toward improving the situation if we eliminated the glamor scenes of social drinking in the plays, motion picture and radio programs. These steps are essential. Perhaps

another way to help the situation would be to eliminate all advertising by the liquor interests.

Unless the American people—the other 50 per cent—wake up to the danger of our Alcoholic culture we will lose that moral and spiritual leadership which has always been ours. We must not only awaken the non-drinkers but **we must convince the drinkers** of the danger to their health and security of continued use of liquor. Only by intelligent action can we check the growth of our “Alcoholic Culture”.

Alcoholic Culture In Life Today

Seek the Truth

Come Whence It May

Lead Where It Will

Salvaging Men

Citing the work of Alcoholics Anonymous in treating problem drinkers, Dr. Lyman C. Duryea states that many of these people could be saved and salvaged “if in the early stages of their chronic drinking, they were handled like sick people instead of being treated like criminals or allowed to shift for themselves.” Many of the members of the A. A.s, once a deadweight on society, now have a total annual estimated earning capacity of \$150,000,000.

* * *

Created Danger

The National Safety Council reports that a man who is under the influence of liquor (.15% alcohol concentration in the blood) is 55 times more likely to have an accident than a man who has not been drinking.

* * *

Seeking Home Freedom

Approximately 25% of the population of the United States exercising their privilege of the vote are presently living in communities prohibiting the manufacture, sale and consumption of alcoholic beverages.

Painful Sickness

For a moment, I speak as an alcoholic. I remember—I can never forget—the years in which I suffered from acute chronic alcoholism.

They were the most painful years of my life. I suffered constantly, not just one kind of pain, but ALL kinds of pain. I suffered physically, mentally, emotionally, financially, and socially—in every department of my life. I tell you honestly and on behalf of those suffering three million human beings, that alcoholism is the most painful disease known to man.—Marty Mann.

* * *

How Many Use Alcoholic Beverages?

The number of *users* of alcoholic beverages has increased 35.8% from 1940 to 1945, according to the estimate of Dr. E. M. Jellinek, in "Recent Trends in Alcoholism and in Alcohol Consumption" from which the following is taken:

58,250,000—Estimated number of *users* of alcoholic beverages in 1945, 50% of the population over 15 years of age.

3,750,000—Estimated number of *incubriates* (1 out of every 15-16 users) which includes

750,000—*Chronic alcoholics* (1 out of every 77-78 users).

* * *

Jail Results in One State

98,034 persons were committed to jails in Virginia during the 12 months ending June 3, 1947. This is an increase of 11,571 or 13.38% over the 86,463 jailed for the year ending 6-30-46, and an increase of 20,238 or 20.64% over those committed for the year ending 6-30-45. The startling fact is that 46,614 or 47.55% were charged with drunkenness or drunk and disorderly. This represents an increase of 13.31% over the previous year. Also, offenses against public peace increased 30.66% and within this group commitments for operating a motor vehicle under the influence of intoxicants increased 32.03%. Among age groups offenders from 20 to 24 years old showed the biggest increase of 17.26%.

Family Breakdowns, South Africa

This department and the various family welfare agencies have been alarmed at the recent increase in the number of cases of excessive drinking and resultant family breakdown. It is felt that all efforts should be made to check these degrading effects in the community.—D. N. Murray, Director, in a recent report to the Public Health and Social Welfare Committee, Johannesburg, S.A.

* * *

No Longer Medicine

It hasn't been generally advertised, but John Barleycorn has lost his job as a doctor. Officially, that is. Whiskey is no longer listed in the United States Pharmacopoeia.

This means that the standard book of authority on drugs and medicines, which is the guide and counselor of the man behind the prescription counter, will hereafter omit mention of spiritus fermenti as a remedy. The announcement comes from those who are working on the twelfth revision.

Reputable physicians long ago ceased the general use of whiskey as a medicine. Its omission from U.S.P. means that, if the United States ever had prohibition again, whiskey would no longer be available on prescription, which is nothing to worry about. *The Christian Science Monitor*.

* * *

Basic Legal Conception

We cannot shut out of view the fact, within the knowledge of all, that the public health, the public morals, and the public safety may be endangered by the general use of intoxicating drinks; nor the fact established by statistics accessible to everyone, that the idleness, disorder, pauperism, and crime existing in the country, are, in some degree at least, traceable to this evil.—*The Supreme Court of the United States*, in the case of *Mugler vs. Kansas*, 123 U. S. 662.

* * *

Solving Mental Conflicts

A method of solution that is worse than the conflict itself, is the use of alcohol or drugs. These narcotics have a pleasing effect for a short period, but their use in the long run

serves to intensify rather than to relieve disagreeable mental states.

Fortunately, there are right ways of solving mental conflict, the method depending upon the nature of the conflict and the age and nature of the individual. A well-integrated individual can best solve his conflicts by the use of reason. By calmly considering all the elements causing his conflict, he can reach a decision as to what lines of action may best be pursued.—Horatio M. Pollock, Ph. D., N. Y. State Department of Mental Hygiene, in *Mental Conflicts*.

The Post-war Campus-- With Or Without Alcohol

By E. KEITH EDGERTON,
Cornell College, Mt. Vernon, Iowa

HUNDREDS of thousands of young men became enmeshed in an alcoholic culture within the last six years, most of them while in the armed services. They drank for release from problems and worrisome thoughts; drank to improve their sociability so they might strike up acquaintances when far from home; and some drank enough to achieve narcosis, for their burdens seemed too great to bear. This latter group is made up mostly of the older and hadituated drinkers. The others may be more easily reclaimed for a sober manhood in such difficult times as these.

Many of these men are making an honest attempt to stop drinking and return to a sane way of living. They have seen that alcohol and college do not mix. Who of you who read this can experience an orgy of drinking and work comfortably the next day? And if it be difficult

An excerpt from a student editorial in the Contest of the Intercollegiate Association in 1946-47, on the theme: "*Outgrowing Alcoholic Culture*."

that the delicate brain would be more affected.

These returned veterans have realized this and have seen the evils which go hand in hand with alcohol, such as crime and immorality. These men are a group of serious-minded individuals, more so than previous college groups, and are already looking ahead to the days when their children will be going through the adolescent stage. Do they want them to have these same experiences? Mainly, no! They want their children to have the best and only the best. Alcohol can never fit this classification and is thus a habit to be thrown aside by continual individual effort.

BELOW THE SURFACE

(Continued from Back Cover)

field of emotional moralizing", says Cecil C. North, Professor of Sociology, Ohio State University. "It brings to the student and all who seek solution a popular basis of scientific understanding," wrote Howard E. Hamlin, Ohio State Department of Education. It urges "in a moderate and reasonable tone, the development of social attitudes. . . to restrain alcoholic indulgence," said The Christian Century. "It is sound, well-balanced, scholarly . . . a decided contribution to the small body of unbiased literature on alcohol," wrote Clarence H. Patrick, Professor of Sociology, Meredith College.

"As an argument for shunning all indulgence in liquor, it is one of the finest things I have ever read. It is strong, clear, logical," wrote Henry Louis Smith, President Emeritus of Washington and Lee University.

"If our church leaders even, appreciated 'what has been done in this volume,' a million copies ought to be sold," wrote a Massachusetts Congregational minister, and "a great contribution to the solution of the problem," said a Pennsylvania church administrator.

The Liquor Cult and Its Culture,
by Harry S. Warner

Cloth \$1.35, paper \$1.00

Intercollegiate Association, 12 N. Third St., Room 522.
Columbus 15, Ohio

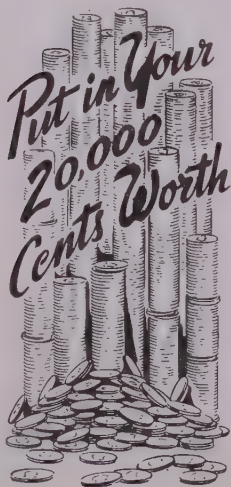
Below The Surface

"THERE IS no question but that drinking, and I mean drinking to excess, is growing on the American college campus, so that it is a menace to future family life and happy marriage. This is an angle I stress in my class. The habit breaks up homes, undermines husband and wife relations, weakens the foundations of the whole family," wrote the head of a department in one of our greatest eastern colleges, September 27th., when commenting on **The Liquor Cult and Its Culture** as an aid to the situation. The book he says, "will have great influence on those faculty members and students . . . who read this influential piece of study into one of our rising and most difficult problems".

He adds, "administrative officials of colleges, such as deans, presidents, wardens, etc., officers of student organizations, especially editors of the college papers" should have it.

And for basic reasons. "It takes the problem out of the

(Continued on Page 95)



College Student Editorial Contest

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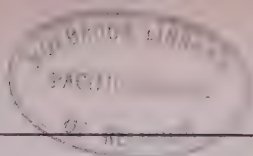
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THE INTERNATIONAL STUDENT

THE
INTERNATIONAL

FEBRUARY
1948



STUDENT

OF LIQUOR IN LIFE TODAY

In This Number --

Worth of 4,000,000 Adults

Voluntary Abstinence Through
Education

Drunken Driver Gets Tap on Wrist
Roads FROM Alcoholism

Alcoholic Incidence in Auto Accidents

Alcohol and Dependability

Moderate Degrees of Intoxication

The Seed of Alcoholism

"OLD MAIN," NEBRASKA WESLEYAN
UNIVERSITY, LINCOLN; SEE PAGE 118



democracy
something
deeper than
liberty; it is
responsibility"

THE INTERNATIONAL STUDENT

FEBRUARY, 1948

HARRY S. WARNER, Editor

Vol. 45, No. 4

Purposes Of Intercollegiate Association and of The International Student

TO PROMOTE STUDY and discussion of the problem of alcohol in modern society, to encourage colleges and universities to take leadership in such activities, and to enlist students, faculty members and alumni for constructive service toward solution of the problem.—From the Constitution.

FORM FOR BEQUEST

To The Permanent Educational Work of the Association among the colleges and students of the United States—

“I give and bequeath to The Intercollegiate Association for the Study of the Alcohol Problem, the sum of \$.....”

The Association is incorporated as a non-profit corporation in the District of Columbia, Washington, D.C.; the office of the Association is at 12 N. Third St., Room 522, Columbus 15, Ohio.

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Worth of 4,000,000 Adults Lost Annually to Alcoholism

By Selden D. Bacon, Ph. D.

ALCOHOLISM AFFECTS the afflicted individual adversely in all social aspects—marriage, job, religion, citizenship, property care and ownership, neighborhood and friendship associations, and so on; it affects the entire emotional life; it usually deteriorates physical well-being. Adverse circumstances, illnesses or accidents may affect an individual in his amusements, in his daily routine, in his family life, or in several ways at once; rarely do they affect all of his life activities, relationships and beliefs, and affect all of them adversely. Alcoholism does. As a problem, alcoholism has increased significance because when it strikes the individual it hits his entire existence.

Alcoholism does not afflict the individual for a week or a month or a year as do most accidents and diseases; unless successful remedy intervenes, it will afflict the individual for life.

Alcoholism affects the associations to which the individual belongs or to which in the normal course of events he would belong. It affects wives, employers, parents, brothers and sisters, children, employees, neighbors, and so on. It weakens, deteriorates, disrupts. It costs money, time and strength. It causes heartache and, due to current public opinion, shame.

Alcoholism affects a myriad of social, charitable, re-

Condensed from an address, "Mobilizing Community Resources for the Attack on Alcoholism," at the Yale School of Alcohol Studies, Summer of 1947. Dr. Bacon is Associate Professor of Sociology, Yale University, and a staff member of the Yale Alcohol Clinics.

ligious and governmental agencies. It affects them all the same way, involving time, trouble, irritation, frustration, money.

Alcoholism affects the entire public; sometimes they are shocked, sometimes amused, often they are disgusted, occasionally frightened. Less noticeably, perhaps, they are affected because they lose the worth of nearly 4,000,000 adult members of society for greater or lesser periods and because they, eventually, pay the bill for the sickness, for the unemployment, for the care of dependents, for accidents and property damage.

Alcoholism is a problem numerically large. Alcoholism is a problem which has damaging effects on a broad variety of social institutions and cultural and moral values. Alcoholism is a problem which, when it cuts, cuts deep. The answer to the question "Is this a significant problem?" is unquestionably an affirmative one and an affirmative that can be verified.

The Public Health Aspects Of Alcohol

LAWRENCE KOLB, M.D.,

Assistant Surgeon General, United States Health Service

ALCOHOLISM is a public health problem, but health officers have paid little attention to it. People interested in morals and physicians have called attention to its ravages, but it has been handled chiefly by the police. In recent years, however, interest on the part of physicians and public health officials has been growing. It is coming to be appreciated that drunkards are not drunkards because they are vicious, but because they are weak; that cure is the work of medical men and that of social agencies.

Alcohol becomes a health problem through its intoxicating properties, . . . propensity to cause disease, and power to enslave certain types of persons.

Voluntary Abstinence Through Education

By EARL F. ZEIGLER

A VOLUNTARY total abstainer is a person who chooses to live a normal, gracious life without using beverage alcohol in any form. The assumption is strong that such a choice would be the result of education. The adjective "voluntary" indicates that the person who abstains has had some definite part in the decision to abstain.

A total abstainer who did so because of doctor's orders, or some other external restraint would not belong to the category of "voluntary total abstainers."

Voluntary total abstinence through education is being presented for your consideration as a way of working at the alcohol problem. It is not claimed that this is the only way that should be used, but to the speaker it is a conviction that Churches, public schools, women's clubs, and other agencies can use education as their best tool for teaching voluntary total abstinence.

Neither do I wish to claim that education which produces voluntary total abstinence for many will produce it for all. There are many among us in the United States who have never preferred total abstinence and never will as long as they can make or procure something to drink. These people must be in our thinking, for as long as some want to drink there will be a demand for the manufacture and sale of beverage alcohol. Often those who want to drink will want others to drink with him. Thus social pressures and social inheritance will continue to create drinkers at the same time that voluntary total abstinence through education is being promoted.

View of the Field

In trying to visualize the people in the United States

Condensed from a lecture at the Yale Summer School of Alcohol Studies, August 1947. Dr. Earl F. Zeigler is Editor for adult publications, Presbyterian Board of Christian Education, Philadelphia, Pa.

to be reached with the goal of voluntary total abstinence, the following classifications are suggested:

1. Those with a social inheritance that includes the use of beverage alcohol.

2. Those who have acquired the custom of using beverage alcohol in their business and/or social life, not because of social inheritance primarily, but because of social pressures, or of a desire to achieve a status which they believe is more desirable than that which practices total abstinence.

These first two classifications include the main body of the sixty million adults in the United States who use alcohol in the so-called moderate amounts.

3. Chronic drinkers and alcoholics.

4. The millions of youth.

5. The children obviously who are not drinkers to any appreciable extent.

6. The forty-five millions of our adult population who are already voluntary total abstainers and who will remain so if sufficient motivation for abstinence is offered.

If this sixfold classification is inclusive and exclusive, it comprises the entire population of the United States as potential pupils in this school of education on voluntary abstinence.

Place of Hardest Test

Let us give education for voluntary total abstinence its hardest test by trying to visualize how it will work on the first two groups in the sixfold classification, namely, drinkers who have become so largely by social inheritance, and, secondly, those who more recently have acquired the custom because of social pressures. These two groups are socially approved by millions. In fact, they are supposed by some schools of thinkers to be the solution to the alcohol problem. They are known as the "moderate" drinkers. They are supposed to drink for reasons of sociability, relaxation, and psychological stimulation. They are what many call "normal" drinkers. Their drinking is the "casual way in which the normal, well-adjusted person fits liquor into his life and the use

that he makes of it.”

Personally I cannot subscribe to this glossy description of the moderate drinkers, but I am willing to admit that an exceedingly large number of people in the United States believe that the moderate drinker is an asset rather than a liability in the solution of the problem.

Now, what right have the advocates of abstinence to do missionary work on these two groups, when these groups are already fairly well satisfied with their way of life? They are willing to pay the price economically that it costs them to drink; they believe that the end results (for them) are not a “lost week end.”

Or, what right have the total abstainers to seek such vaccination of this group as will immunize them against the desire for beverage alcohol?

Social Responsibility

The answer is that the advocates of total abstinence are practitioners of a nonalcoholic way of life which gives them much satisfaction. Many total abstainers have been sufficiently familiar with the use of beverage alcohol personally as to have a basis of comparison between alcoholic and nonalcoholic ways of life. They know from experience, therefore, the abiding values of abstinence. If it be argued that the moderate drinker may also have had an experience with the nonalcoholic way of life and has consciously adopted the use of alcohol, all we can say is that **the conclusion to drink carries more social responsibility than the conclusion not to drink.** This statement is made on the premise that those who drink alcohol moderately cannot be certain that they will not drink it immoderately at times and become a social liability. The number of people who figure in accidents where alcohol is involved are seldom dead-drunk. They are simply under the influence to an extent which makes them mechanically dangerous.

We therefore arrive at the working hypothesis that total abstainers are justified in seeking to educate moderate drinkers to become total abstainers.

Education for Abstinence

The educational program for voluntary total ab-

stinence will have to be informal, casual, but nonetheless make use of effective methods of propaganda and education. The radio program which featured Dr. Jellinek, Marty Mann, and others, over a period of months was not directed toward making total abstainers, but it was the kind of program which the advocates of abstinence would refer to in getting people to think about the alcohol problem.

Articles in popular magazines, movies like "Lost Week End," while not advocating total abstinence for the rank and file of people, are nevertheless resource material which the advocates of abstinence will use.

The Yale School of Alcohol Studies, while not on record either for moderation, total abstinence, or controlled consumption, or any other specific aspect of action on the alcohol problem, does furnish resource material that total abstainers will use in their educational program.

The public-school system is open to a program of alcohol education. Its stated objectives may not include total abstinence as a goal, but in the teaching about alcohol many children and young people will certainly come to their own conclusions about their use of alcohol. They will become total abstainers.

The Churches, Roman Catholic, Protestant, and Jewish, either feel obligated on a Church-wide basis to teach total abstinence among their members, or they have organizations within their bodies that promote total abstinence. For example, within the Roman Catholic Church there is a Catholic total abstinence union. They have crusades for total abstinence.

The Methodist Church, is an example of a denomination that seeks to educate all its members to adopt and practice total abstinence.

Some denominations make total abstinence a requirement of membership.

The Presbyterian Church in the U. S. A., in 1946, adopted this statement as a working principle for educating in voluntary total abstinence:

"We have affirmed our belief in a vigorous program of continuing education, based on science, illuminated

and motivated by Christian ethics leading toward voluntary abstinence and social concern. We affirm our belief in a program leading toward eventual elimination of the production and use of alcoholic beverages through public action in community, state, and nation. We believe that education and public action go hand in hand; that the second will work finally only as it is based on the first, and that attention must be given to the second if there is to be any chance of achieving the first.

Long-range Aims

"The aim of alcohol education is conviction and decision based on accurate knowledge. Dissemination of facts is not enough, but the facts presented must be both accurate and relevant. The following are our guiding principles of action:

"1. The program shall be conceived in long-range terms, not merely as a special promotion for a limited period. . . .

"2. The program will look to the results of scientific study for accurate knowledge of facts. . . .

"3. While the program will lead toward commitment and conviction from the point of view of Christian standards, it shall clarify and explain the nature and strength of the social pressures toward drinking as well as help to create affirmative ways of conduct before which the pressure shall be powerless. . . .

"4. While alcohol education shall be related to many activities within the church, it must also be an object of special concern and program."

Education is a democratic process; it enlists the person to be reached; when a man or a woman decides voluntarily to be a total abstainer, that decision is likely to be lasting. Furthermore, the decision makes a new advocate of total abstinence.

We are keenly interested in the type of service which you are rendering; these are days when we need to do more and more in a real educational program against alcoholism. — Harvey C. Brown, Associate Secretary, Methodist Student Movement.

Out of 4,000,000 Heavy Drinkers 750,000 Are Known Alcoholics

Many More Unknown

THERE ARE in the United States at present 750,000 known chronic alcoholics; actually however, there may be three to five times that number, said Dr. Selden D. Bacon, Sociologist on Alcohol Studies at Yale University and Chairman of the Connecticut State Clinic for Alcoholics, at a conference in Detroit, May 28, 1947.

Of Detroit's probable 46,000 alcoholics, 40,000 are men and 6,000 women, he said.

"Alcoholics require more police time than any other duty except caring for parking and traffic," Dr. Bacon continued. "They comprise two-thirds of our jail occupants.

Health Problem

"They are a major problem for public health authorities, consume much of the time of our physicians and psychiatrists and of our missions, charitable, and social agencies.

"The trouble is that most people do not know what the problem actually is. They have over-simplified it. They attack part of it only. Continued loss to it is from 6 to 7 per cent of our whole adult male population. If a person is to become an alcoholic the most dangerous ages are from 25 to 35.

Workers Needed

"We are making progress, even if slow. We need thousands of trained workers. Forty to 60 years hence the public will see that this generation actually met and solved the problem."

The place to stop crime is not in the Electric Chair but in the High Chair.—E. J. Stanley, Director, Men's Prison Bureau.

Drunken Driver Gets Tap on Wrist

By RICHARD BARBOUR

San Diego City Schools

THIS STORY STARTS in Hollywood, as many do. Only this story is true. It was a holiday, a day off for our two "heroes." What could be better than a trip to a race track a hundred and some miles away? Why not play the bangtails for awhile? So they started. "But," thought one of our heroes, "we can't drive all that way without a little drink or two, can we?"

So they drank the first bottle and made a start on the second. They were arrested once for speeding. They posted bail and drove dizzily on.

As they neared the track they switched drivers so the owner would be at the wheel. He felt like going faster. Through the streets he roared, then up over the sidewalk, across a lot, careening against posts and walls. On and on he sped until the battered car would go no more.

After the arrest they told him what had happened. He had been too muzzy to realize it at the time.

He had killed two girls, sisters, as his car had lurched over the sidewalk upon which they stood. Two deaths and he did not know it. At least he said he did not know it.

The citizenry of the town was aroused. Here was one drunken killer who would pay for his sins. Everyone agreed about that with much head nodding.

Then they forgot. There were the law's usual delays before his trial. Finally he was tried and convicted. The sentence was the denouement.

He got a fine that wasn't too heavy and a sentence

Dr. Richmond Barbour is Director of the Guidance Bureau of the San Diego, Calif., city schools. This article is one of a series, sponsored by the California Congress of Parents and Teachers and published exclusively in the *Sacramento (Calif.) Union*. It appeared November 15, 1947. Used here by permission of Dr. Barbour.

of some months out at a mountain camp. Probably nine months, they tell me, if he behaves himself. He will have to work, of course, the way other prisoners work. They work as hard as an octogenarian with angina pectoris. Two deaths were punished by a veritable tap on the wrist.

But the offense is common and the law is lenient.

I mean no contempt of court, no contempt of the judge who passed the sentence. Most judges would have given the same sentence. Some would have given a lighter one.

But I do mean a fundamental and vigorous complaint against the laws that treat these killers so leniently. Let's change those laws!

In the meantime, whose child is next?

Roads From Alcoholism

WHOEVER WISHES ardently to prevent alcoholism will need the heart of a lion, the williness of a serpent, and the guilelessness of a dove. He will meet head on not only the terrific power of tradition and custom, but also the power of great industries as they fight for the sale of a dangerous product—a drug—by advertising campaigns and the corruption of legislatures.

Not only all this, but he who seeks to bring about a reasonably drinking society will sooner or later find that he has to deal with the structure of a somewhat crazy society—a society riddled with the injustices of bad working conditions, miserable slums, the twin evils of poverty and unearned wealth, of insecurity and unemployment, and the hectic atmosphere of enhanced sensuality and luxury-seeking.

In short, in order to prevent men and women from the false euphoria and the unquiet anesthesia of alcohol addiction, he must become more than physician and psychiatrist; he must take on the task of social reformer.—Abraham Myerson, M.D., Harvard Medical School, in "Roads to Alcoholism."

Alcohol Incidence In Auto Accidents

Wider Education Expected

THERE ARE already indications that the year 1948 will see a much closer scrutiny of the part played by alcohol and drinking drivers in auto accidents than has heretofore been the case, says the American Business Men's Research Foundation, Chicago.

In wide contacts with auto casualty insurance companies during recent weeks, the dangers of insuring drinking drivers and the need to educate insurance prospects against the use of alcoholic beverages while operating cars, have been repeatedly emphasized by insurance experts. The Foundation is being asked to aid in making these facts available to the public.

The most significant development has been the adoption of certain tests, largely chemical, that reveal the amount of alcohol in the blood, and which have now been held legally valid, as in the case of the State vs. Cram, Oregon,—(164 ALR 952, 160 P2d 283).

The latest authoritative study made in Cuyahoga County, (Cleveland) by the eminent physician, Samuel R. Gerber, M.D., Coroner of Cuyahoga, and Secretary-Treasurer of the National Coroners' Association, reveals that of 2,215 vehicular fatalities in Cuyahoga County in ten years 1936-1946, 51.96 percent of the victims showed "incidence of alcohol", — i.e., over half had been drinking.

Responsibility is a tremendous engine in a free government.—Thomas Jefferson in a letter to A. Stuart, 1791.

Of all the things dedicated to spoil the evening . . . of all the crimes committed in the name of hospitality . . . the cocktail party ranks first.—"Vogue," 1-1-47.

You are doing an excellent piece of work and I am heart and soul for it. — O. W. Moerner, Director of Education, Methodist Church, Corpus Christi, Texas, former Secretary of the Association.

Alcohol And Dependability

By THOMAS NIXON CARVER,

Professor Emeritus,, Economics, Harvard University

ONE OF THE BEST definitions of civilization I have seen is that it is the art of living together in large numbers. If we are to live together in large numbers, we must learn to behave in such ways as will make is possible. We can no longer behave as we might if we lived alone, or even in sparsely populated regions. We must regulate our conduct with a view to our close proximity with other people, otherwise we shall have much interference and many collisions.

Living Together in Large Numbers

If we are going to live together in large numbers we must manage to produce enough in relatively small areas to support those numbers. This requires organization and teamwork. . . . Individuals who insist, each one, on doing as he pleases without regard to what others are doing, can not carry on effective teamwork. Needless to say, they can not produce enough in small areas to support large numbers.

Working Together

Effective teamwork, in the modern sense, means specialization, each member of the great team doing what he can do best, and depending upon others for what they can do better than he. Without this kind of specialization we never could have produced enough to supply our present population with all the diverse things which it needs. If ever one had to be his own farmer, his own spinner, weaver and tailor, etc., etc., not half of us could manage to live within the territory of the United States and the few who did manage to live would live very poorly. Living together in large numbers requires a great deal of specialization.

From "Alcoholic Drink in Modern Life," from *The International Student*, March 1934.

Dependent On Each Other

But specialists are mutually dependent upon one another. If any one fails to perform his special function all who are dependent upon him will suffer. Unless we feel we can depend upon a given specialist or group of specialists, we will not put ourselves in a position of dependence upon him or them. We must be prepared to do for ourselves what we can not depend upon him or them to do for us. In short, without this feeling of dependability we can not specialize* at all. It is almost a truism to say that there can be no interdependency of parts where there is no dependability.

It follows from all this that anything which destroys dependability will either destroy civilization or prevent its development. Certainly it will make it impossible for large numbers to live together. They could not produce enough to support themselves.

Drink Out-Of-Date

The necessity for dependability is so overwhelming that every tribe or group that ever became civilized, that is, that ever succeeds in living together in large numbers, has been compelled to develop dependability in some way. Laws against dishonesty, violence and disorder of all kinds have had to be made and enforced. In the most fundamental sense possible, dependability is ethical and undependability unethical. The tribe which did not succeed in developing dependability simply perished. It could not possibly survive.

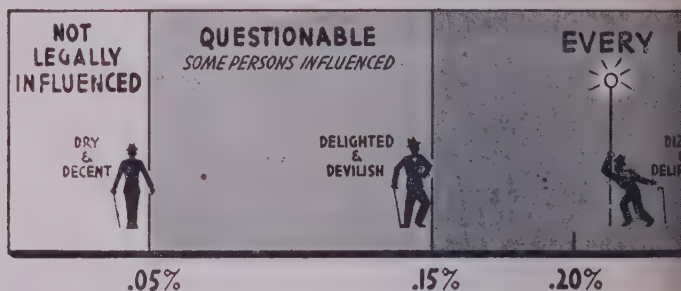
Nothing short of killing and lying so effectually destroys dependability as drunkenness. The country which does not repress drunkenness can no more flourish than can a country which does not repress killing, stealing and lying. We are so dependent upon one another in our civilization, as to make drunkenness, in every rational sense, a most destructive vice. We are becoming more and more dependent upon one another every year. More and more, therefore, does it become necessary that drunkenness be repressed.

The Man One-Fourth Drunk

Drunkenness, in these times, needs a stricter definition

(Continued on Page 127)

THERE IS A DEFINITE RELATION BETWEEN ALCOHOL



INTOXICATION C

Some of Its

THAT THERE ARE degrees of intoxication, corresponding generally with the amount of alcohol in the blood, and related degrees of effect on the functioning of the brain, are facts to be taken into account when seeking an intelligent decision as to what is called "moderate drinking."

Some of the recent scientific information that may help to bring an understanding as a basis for such decision, is found in a lecture by Dr. E. N. Jellinek, Director of the Yale School of Alcohol Studies, in which he reported on the effects of drinking from one to three ounces of alcohol, the amount contained in two to six ounces of whisky.

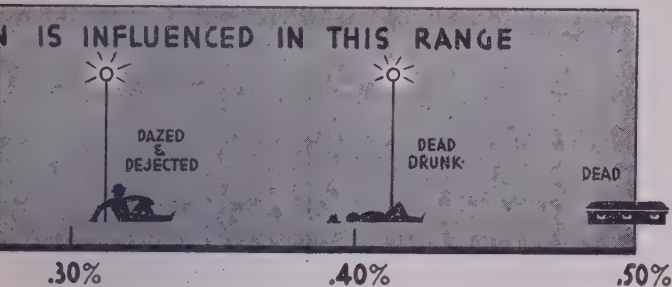
Psychological Effects

Of all the psychological effects measured, none showed any stimulating results from either small or medium amounts of alcohol; the subjects, however, invariably were convinced that they were "doing better" after drinking than when they were not drinking.

Physical Effects

It was found that physical fatigue is not overcome by

THE BLOOD AND DEGREE OF INTOXICATION



IES BY DEGREES

ate Forms

alcohol, but that there is an impression of relief from fatigue.

Muscular output, measured by the ergography, showed a decrease of about ten per cent after the drinking of three ounces of alcohol.

The ability to distinguish slight differences between intensities of light and sound was decreased by 50 and 30 per cent, respectively.

Reaction Time

Reaction time, that is the time it takes to give a proper response to a word, a sound, a light or a touch, was definitely affected. Some of the results are shown as follows:

Alcohol Equivalent to Glasses of Whiskey	Slowing of Reaction Time 1 Hour After Drinking*
1½	6%
2½	12%
3½	34%

*The per cent change is based on the reaction time measured before alcohol was given.

Perception, measured by the short exposure of letters, syllables and words, was decreased on the average by 10 per cent.

Efficiency in continuous adding was lowered on the average by 13 per cent in adults.

Metal Work Retarded

In an experiment on memorizing lines of poetry, the memorizing of 25 lines took more than twice as long when a glass and a half of whiskey was taken on an "empty stomach" than when no alcohol was taken. When, however, two glasses of whiskey were taken with food, the time required for memorizing 25 lines increased by only 16 per cent.

A reasoning efficiency test showed an increase of 67 per cent of errors after the drinking of a half pint of whiskey but this is, of course, a relatively large dose. Various investigations show in different terms that judgment may be impaired by 20 per cent after two ounces of alcohol.

The speed of the eye in following an object, moved rapidly back and forth, was slowed by three per cent after taking the alcohol. The somewhat less-simple finger movements required in tapping were slowed by nine per cent. This finger tapping requires little skill. Far greater dexterity of the fingers is required when a board with rows of small holes must be filled rapidly with pins placed into the holes; after alcohol, the performance on the pinboard was decreased by 19 per cent. Much more complicated is the act of tracing with a pencil an involved pathway, and the tracing showed 60 per cent more errors after alcohol than before.

Dr. Jellinek called attention to complicating factors such as the effect of familiarity of the task.

The tests also included practical tasks such as are carried out in everyday life.

Students who were accustomed to typing but were not professional typists, increased their typing errors by 40 per cent upon taking alcohol, but lost only three

per cent of their speed. This variation is of great significance.

Complexity of Task Increases Effort

Dr. Jellinek says that "on the whole, the effect of small amounts of alcohol on skilled performances increases as the tasks become more complex," and this effect is modified by familiarity. In some cases, alcohol is found to increase self-confidence which of course may have a varying effect and in some cases, the drinker compensates or overcompensates, by showing unusual care in what he is doing. As a rule, however, the driver of an automobile, who drinks, not only has his driving ability impaired, but loses the usual fear of consequences and suffers from overconfidence, believing that he is driving more efficiently than usual.

Effect Related to Body Weight

The effect of alcohol is very definitely related to the bodyweight, since it is the degree of concentration in the blood which determines the effect upon behavior, while all practical experimentation must be considered with due regard to qualifying factors.

One conclusion is positive: Alcohol is a depressant, not a stimulant. In the words of Dr. Jellinek:

"It affects first the higher brain centers which control the voluntary behaviors and emotions, while the lower centers which control such vital functions as breathing are affected only in severe intoxication. Briefly, alcohol acts in the same way as the well-known anesthetics. Since it is an anesthetic, one can correspondingly predict its effect in small and large quantities on efficiency on the one side, and on sedation and relaxation on the other side."

The automobile driver must realize that "moderate" drinking may cause him to kill or maim his fellow man and that the effects will not be limited to his victim, whose home will be devastated and loved ones plunged into sorrow.

The mechanic at his bench should know that very small amounts of alcohol as used in these Yale Univer-

(Continued on Page 120)

The Seed Of Alcoholism

By HARRY T. HOWARD

IN THIS MODERN age, the desire for special approval is becoming one of man's strongest psychological drives. It is this drive that is making him less and less an individual, and more and more just a part of the dizzy whirl of the world around him. He no longer does what he thinks best, but acts in a manner which he believes will best meet the approval of society. If he goes against the customs of his social circle, he is immediately tabbed as an outcast; he is associated with a "holier-than-thou" attitude, and his friends are lost to him.

Out of this dizzy whirl has developed a great problem—alcoholism. The number of chronic alcoholics, or compulsive drinkers, in the United States has climbed to 750,000, representing an increase of nearly twenty-eight per cent since 1930. More than 850 of every 100,000 people drink because they can't help themselves.

Because alcohol has played a prominent part in crime, divorce, traffic accidents, mental break-downs, prostitution, etc., the public considers the alcoholic a weak-willed shell of a man without morals. How many times have we heard a comment like this, "Why doesn't he lay off the bottle? Look what it's doing to his family."

The new science of psychiatry has arrived at the conclusion that alcoholism is a disease just as surely as in cancer, leprosy or pneumonia, and that a problem drinker must be treated not as a social outcast, but as a sick man.

There is present in the alcoholic a compulsion to drink. Though he is fully aware that he is going against his own interests, some maladjustment brings to rise forces

This editorial is winner of an *International Student* award of \$10 in the Intercollegiate Association College Student Editorial Contest. Harry T. Howard is a junior at the University of Idaho, Moscow, Idaho.

within his own nature which compel him to seek relief through drink. He responds to this internal pressure and drinks until the tension is relieved.

No problem drinker ever stopped unless he wanted to. It is on this basis that psychiatrists are basing their work. The aim of treatment must be directed primarily to altering the psychology of the individual, to getting at the quirks of his particular personality, and to rubbing out the desire to drink by discovery of these quirks and reconditioning of the patient.

Yet, they are dealing here with cures and not preventives. To prevent alcoholism, we must get at the seed of the problem before it has had a chance to take root.

This seed is in the supposedly harmless moderate social drinking that is a springboard for alcoholics. Probably only a minority of the 50,000,000 social drinkers of today will succeed in maintaining what they define at the beginning as moderation. According to case records, a large portion of the excessive drinkers and alcoholics were for years controlled social drinkers.

Psychiatry is experiencing much difficulty working with 750,000 alcoholics. To expect them to be able to delve into the intricate personalities of 50,000,000 social drinkers is a big order. Yet somewhere behind the mask of soft music, dim lighting and cocktails there is an answer.

To find this answer, many weeks, months and years of research will be necessary. There will be need for education in the task of rehabilitation and prevention — not just for judges, ministers and teachers, but for doctors, hospital administrators, social workers and the general public.

When a motorist speeding down an icy highway sees a dangerous curve ahead, he slows his speed early to prepare for a safe stop. With proper education, we might induce the social drinker to do the same. And, if we are successful in finding what is "driving him to drink," we might even influence him to put the car in the garage and stay at home.

Former College Editor

Offers "Preventive Medicine—Alcoholism"

Contest Prizes

RECALLING his year as college editor while a student at Nebraska Wesleyan University, an attorney and civic leader of the Pacific Northwest, Logan H. Roberts, Yakima, Washington, has just offered \$500 to be awarded in cash prizes to college students of the country for the best editorials on the health approach to the problem of alcohol—the theme this year being “Applying Preventive Medicine to Alcoholism.”

Interested in student writing and self-expression, and the part that student writers may take—and prepare to take later—in the vital problems of today, as he did in his own student days, Mr. Roberts wishes now to encourage thinking, study—and editorial writing—on the problems of alcohol as they face healthful community life today.

The new prize fund of \$500 is to be awarded in accord with the regulations and prizes offered in the current year's editorial contest of The Intercollegiate Association for Study of the Alcohol Problem, under the management of Edwin H. Maynard, of Chicago, Contest Secretary. Offering a First Prize of \$200, two Second Prizes of \$50 each and ten at \$20 each, for editorial-style articles limited to 800 words, the Contest of 1948 ends June 30. It is the second annual contest in the new series of The Intercollegiate Association, that of the past year being on the theme, “Outgrowing Alcoholic Culture.”

Logan H. Roberts, donor of the Contest-fund, is a

For information regarding the contest, now open to college students throughout the United States and Canada, write Edwin H. Maynard, Contest Secretary, 909 Webster ave., Chicago 14, Ill.

graduate of Nebraska Wesleyan University, Class of 1899, where he was editor of the college paper, *The Nebraska Wesleyan*, in his senior year. In the next three years, he received a Master's degree and completed his course in Law at New York University, was admitted to the Bar in New York and joined the Field Secretarial staff of The Intercollegiate Prohibition Association, then actively organized in hundreds of colleges throughout the United States.

Devoting the year 1903-04 to the intercollegiate field, Logan H. Roberts was one of four secretaries that year who gave full time to that service, interesting students in study and active service toward solution of the beverage alcohol problem. His field was the colleges of Nebraska, Kansas, Colorado and other states in that region. He was an inspiring and stimulating speaker and student leader. In that year he organized 60 new college leagues, including study groups in "Wealth and Waste," a study of the economic aspects of the liquor problem, local speaking contests and state associations and contests in his section and conferred with faculty members and student leaders in the total program of the Association of that period. He helped to raise the expenses of the work, including the first \$1,000 gift ever received by the Association.

It was a year of keen and growing interest among colleges in study and service by students on the liquor problem, as he said: "Faculty members and student bodies welcomed the educational courses of study offered by the Association, especially on the economic phase, the opportunities that the oratorical contests of the Association," then extending through local, state, interstate and national steps, offered students "to win honors, to express themselves and to render a service to the cause."

As a cross-section of the interest found and developed in the colleges of the country at that time, to be of service toward solution of the liquor problem, the reports of Logan Roberts in 1903-04, are most suggestive. Organizing under the objective: "To enlist and train young men

and women to be workers and leaders" in the movement, he organized new local groups, for example, as follows: Colorado College, 73 members; Colorado Agricultural, 26; State Normal, 32; University of Colorado, 26; similar groups in Kansas at Washburn, State University, McPherson, State Normal—and visited others previously organized in Kansas, Nebraska and other states. At the same time other secretaries were doing similar work in colleges from Berkeley, in California to New England, especially Massachusetts, from the headquarters of the Association in Chicago.

It is interesting to note that Logan H. Roberts, in his first two years as a practicing attorney, organized a local Civic League in his city; then he continued, through the years since, similar service in Washington and the Northwest, as a leader in anti-alcohol, law observance and church activities, including representation as Lay Delegate to General Conferences of the Methodist Church. Thus the idealism of college youth has worked out into the practical efficiency and tested realism of successful business, professional, and Christian living.

INTOXICATION COMES BY DEGREES

(Continued from Page 115)

sity experiments, not only decreases the efficiency of his work, but endangers his safety.

The man charged with public responsibility, political or military, should consider his duty in the light of the fact that alcohol "first effects the higher brain centers which control the voluntary behavior of humans." A man's brain may be under the influence of alcohol long before his feet are affected; this the layman seldom realizes. Ordinarily, he thinks that efficiency in the discharge of the duties committed to him, is not affected until his breathing or his ability to "walk a chalk-line," has been impaired.

Condensed from a summary by Deets Pickett, Fellow, First Yale School of Alcohol Studies, Washington, D.C.

The Cult of Alcoholic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

As Seen in Daily Life

Where Ill-Effects Begin

ONE GREAT FACT is that the whole efficiency in every aspect of life depends on the nervous system.

One dose of alcohol will affect a man's speech; he will lisp a word. Why? Because it has affected those sensitive nerve cells of his; he is under the influence of drink. He may call it what he likes; he may think it "bucks him up," but the ill-effects of alcohol begin long before drunkenness takes place.—COURTENAY C. WEEKS, M.R.C.S., L.R.C.P., London.

* *

To Initiate Business

To the 10,000 Younger Men who have *never* tasted a great glass of beer.—Headline of a full-page advertisement of a Philadelphia Brewing Company, May 29, 1947.

* *

Liquor in Road Deaths Gains

Drunken driving, as a contributing factor in automobile accidents, has more than doubled since 1933 and almost tripled as regards fatal accidents, records of the Department of State Police disclose. The number of convictions in the police courts of the state increased 51 per cent for the first 9 months of the 1946-47 fiscal year as against the entire 12 months of the past year. Five thousand, six hundred and fifty-five drivers were convicted of

(Turn to column 1, page 122)

Seeking Freedom from the Cult Appeal to Intelligence

Drinking must be divested of its glamour and romance, its mystery and daring, which so subtly appeal to youth. What is called for is not august pronouncements, or a recounting of dread potentialities; rather, a presentation of the evidence, interesting, logical, and worthy of the innate intelligence and healthy curiosity of the student. — RANDOLPH RAYNOLDS, M.D.

* *

Liquor on Trains

Elimination of liquor sales on passenger trains was recommended last week in Chicago by a committee of the American Association of Railroad Superintendents. The committee reported that railroad men had "experienced difficulty from the sale of alcoholic beverages on trains!"—*Spirits*, 6-16-'47.

* *

Educational Leadership

Among the 151 students attending the 1947 Yale Summer School of Alcohol Studies, representing 36 states, 7 provinces of Canada, and Sweden, there were 35 ministers, 31 A.A.'s, 19 welfare case workers, 17 educators 16 representatives of temperance organizations, 11 from the medical profession, 3 from the liquor industry, 4 lawyers, and numerous representatives from local groups of the National Committee

(Turn to column 2, page 122)

As Seen in Daily Life

(From col. 1, page 121)

operating motor vehicles while under the influence for this 9-month period. However, these figures may not indicate the true picture since intoxication is not always reported when there does not exist enough legal evidence to justify prosecution.

* *

Women Crack Quicker

According to the National Health Research Bureau, 420,000 women in the United States, who over-drink, can be expected to "smash up" sooner than heavy-drinking men.—*Minneapolis Tribune*, 3-3-47.

* *

Drink Culture—in the News

"A man, on a 7-hour binge, burns his baby with a cigaret, beats the baby badly.

"A man picks up a girl in a tap-room . . . and well liquored up . . . chokes her to death.

"Boys and girls, 13-year-olds, from good families, get drunk in homes with liquor served by adults." (This is one result produced by the innocent-looking package stores.)

"Business concerns, paying not-too-adequate salaries, serve liquor at holiday parties and really act insulted if all their employees don't participate.

"The Archbishop of Canterbury actually had to ask Christians not to attend church this year on Christmas Eve if they were intoxicated."

* *

Beginnings

Two-thirds of the alcoholics in the United States began drinking

(Turn to page 123, col. 1)

Seeking Freedom

(From col. 2, page 121)

for Education on Alcoholism.

Twenty-one Newspapers

None of our 21 newspapers or any of the radio stations which I control accepts a line of liquor advertising, and so long as I have anything to say about it, they never will. It is difficult to estimate accurately how much our advertising revenue could be increased if we should decide to accept liquor advertising, but it probably would be around a million dollars a year.—FRANK E. GANNETT, Rochester, N. Y.

* *

An Embassy Incident

Czechoslovakia invites Washington to celebrate the twenty-eighth anniversary of the founding of the Republic. The marble halls are thronged with distinguished leaders, talking, eating from the buffet in the dining room—and drinking. A charming young woman is selected by newspaper photographers to pose with an air corps hero. When the photograph has been taken, she mingles in the crowd again, is ushered over to the bar, and smiling at the man mixing the drinks, says, "Orange juice, please."

That's what she wanted; that's what she got. Nobody in that throng of social leaders cared.

* *

Making It Ridiculous

The speaker said that the president of one of America's largest industrial concerns, under the influence of liquor at a party, "got the idea that he was a donkey and crawled all over the place on his hands and knees. Imagine that man

(Turn to page 123, col. 2)

As Seen in Daily Life

(From col. 1, page 122)

during their high school years. A third of them were showing signs of alcoholism by the time they were of college age. These are conclusions to be drawn from a study made recently by Dr. E. M. Jellinek, Director, Yale University School of Alcohol Studies.

* *

Tipsy Stars Abroad

It is time that somebody told Hollywood that British audiences do not like to see pretty women drunk. . . . every Hollywood feminine star I can think of has, at some time or other, been shown as taking refuge in some drinking-dive, and acting a scene in a state of complete mopiness . . . with the tacit assumption that it is quite a normal course of conduct for a charming and delightful girl, under emotional stress.—P. L. MANNOCK, *Daily Herald*, London, Eng., June 5, '47.

* *

85% of Boston's Wards

Commenting on parental delinquency, Mrs. Anna M. Mackay, Deputy Commissioner of Child Welfare in Boston, estimates that 85 per cent of the 1,500 youngsters now being supported in foster homes have been separated from their parents because of unbearable family situations which grew out of liquor.

* *

Not All Washington Drinks

A wealthy patron of the arts, whose estate overlooks the Potomac from the northwest hills, invites three distinguished journalists to Sunday dinner. The butler passes the drinks, liquors and tomato juice. Every man takes tomato juice, the liquors go back to the pantry.—Another Incident.

Seeking Freedom

(From col. 2, page 122)

solving labor-management problems." The head of another concern was impressed, "after five drinks, that he was a movie actor and dreamily kissed another man's wife."

"People have come to think drinking is smart. Legislation and scolding won't correct the evil. It has to be reduced to the ridiculous." —A Philadelphia daily, 6-6-'47.

* *

Romance of Drinking

With all our efforts, we shall be unsuccessful if we do not destroy the legend of the "romance of alcohol." This legend, diligently propagated by liquor advertisements, and innocently indoctrinated by novels and photo-plays, portrays alcohol as an inevitable concomitant of "gracious" living and a necessity if one is to be considered a sophisticated or up-to-date member of society. Drinking and having a good time, drinking and smart living, drinking and style, drinking as a sign of conspicuous spending, drinking as a sign of good fellowship, are all being drummed into the American mind by radio, press, magazine and billboard. Addressed to the emotionally immature, to boys and girls still in their teens, it produces a yearning for the romance of alcohol. Youth hears the repeated shibboleths: liquor is just the thing to pep you up, liquor is necessary to a good time. The result is the wide spread of drinking among boys and girls too immature to withstand its allure, and the early development of a tragic addiction to alcohol.

Rehabilitation; A Technique

OF PREVENTION

By SELDON D. BACON

PREVENTION DEPENDS primarily upon tested knowledge the results of which are widely accepted.

This is true of auto accidents and of tuberculosis, of unemployment and of war, of smallpox, of the torturing of witches, of illiteracy. But before one can get results, one must not only have knowledge, one must spread that knowledge. Therefore, to achieve prevention of alcoholism one must first understand the causes of alcoholism, and one must then get this knowledge or the logical steps that follow upon it into the general body of knowledge and habit.

Rehabilitation work is the best known technique for achieving these two imperatives of prevention. First, it increases knowledge. Knowledge about alcoholism increases as treatment of alcoholics increases. Second, it spreads that knowledge better than any other technique; in fact, without the therapy, that is without the manifestation of success, the other techniques can hardly work. Consider the example of sanitation, not only in such public matters as clean food and water supplies but also in the daily life of individuals. Sanitation is a highly desirable state of affairs. It always was. We note the increased use of sanitation, its integration into a way of life, during the last hundred years. Perhaps the single major factor in the progress achieved so far was the work and eventual acceptance of the work of such men as Lister and Pasteur.

From the lecture "Mobilizing Community Resources for the Attack on Alcoholism."

Did Lister and Pasteur urge sanitation on the public, did they try to eliminate dirt by legislation and lecture? Lister and Pasteur showed that antisepsis saved lives. They showed it, dramatically, over and over again. From antisepsis, progress to sepsis, which is prevention, was rapid. Through dramatic therapy with the very sick the underlying principles of sanitation won acceptance, and today death and disease from many causes are utterly prevented. Prevention was the final great result; it was publicly accepted because dramatic and successful therapy was utilized to carry the message to ever widening spheres of the public. If only exhortation and legislation had been used to gain prevention, it is a safe guess that there would be today one less named mouth wash and another name for milk protection. And these symbols of prevention as well as the prevention itself would have arrived later than they did.

Outgrowing Alcoholic Culture

From a Student Editorial, Contest of 1946-47

By MISS THELMA KUNZ,

Utah State Agricultural College

ALCOHOL ADDICTS often drink because they believe that it gives them courage, stimulates intellect, facilitates speech and offers relief from the intensities of life. But no drink has ever created courage, genius or capacity which was not inherent in the individual. Instead, it lessens self-control and mental poise and we find irritability, hasty temper and reckless speech. A man with ability can be taught a safer way of expressing that which can be accomplished through alcohol.

Today the effects of drink are many and far-reaching. The solution of the problem will contribute more to social welfare than the solution of any other problem.

It must be fought upon the foundation of morals, hygiene, economics and public welfare. Social pressures for drinking must be solved by social re-education and motivation. The steps should be insight, knowledge and action. There is too much ignorance and indifference toward the consequences of drink. We must teach people that alcohol is neither desirable nor necessary in social intercourse.

Alcoholism must be prevented at its source. The home and parents must set the right example so that the future citizen will shun alcohol. There must be a wider application of the principles of mental hygiene in childhood. Alcoholism is often the symptom of some deep disturbance of the mind and emotions which results from childhood experiences. If adequate mental attitudes are developed, mankind will not have to turn to alcohol in time of crisis or catastrophe. Then a new sanity will be found in America.

Why These Imports?

By WAYNE W. WOMER

THE STATE DEPARTMENT has announced heavy reductions in American import duties on Scotch and Canadian whiskey, French and Italian wines, brandy and other alcoholic beverages. These reductions were negotiated at the recent International Trade Organization meeting at Geneva, Switzerland.

Can't we get drunk enough on American whiskey, wine and beer, without importing more from countries to which we are exporting grain?

Why are European countries producing liquors with American grain saved by the curtailment of liquor production in the U.S.? The use of any grain, domestic or imported, is in effect, the use of grain sent to Europe for the relief of the critical post-war situation.

The excuse is made that the importing of European liquor brings in dollars which are needed to purchase other American products; but this is insincere since

there is also a movement of wines and other liquors from European country to European country.

The truth is that the liquor traffic in the British Isles, and in Continental Europe, is characterized by the same inordinate greed with which we are familiar in the United States.

The time has passed when the International Trade Organization or the governments which created it, can be justified in using intoxicants in setting up trade concessions.

ALCOHOL AND DEPENDABILITY

(Continued from Page 111)

than it needed in older and simpler times. In these times, the man who is dead drunk is less of a menace than the one who is only what is sometimes called one-fourth drunk. The man who is dead drunk is dependable in a sort of negative sense. You can depend on him not to do any mischief until he comes to. But the man who is only one-fourth drunk is a very uncertain person. He will do unpredictable things, to the danger of every one. If he lived alone it would be different, but in a great factory, in a crowded street, or anywhere in an interlocking civilization, he is a very undependable creature, and therefore a menace.

"Excessive drinking is on the increase among women," says Dr. Martha Brunner-Orne, consultant on mental hygiene at Wellesley College. "Women alcoholics deteriorate so much more quickly than men." . . . The Wellesley consultant outlined three stages of cure for the woman alcoholic. The first is medical treatment, followed by physio-therapy and intensive mental treatment. Then comes a follow-up treatment of advice and reassurance.—Washington "Times-Herald," 5-9-47.

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THE
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1948

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

How Social Attitudes Create
Alcoholism

Problems in Alcohol

Better Fences

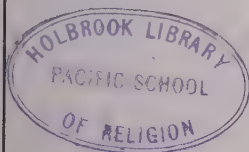
Decreases Mental Efficiency

Monkey Suits

Course in Alcohol, University of Ore

Early Changes in Performance

New Drug Problem



Oxford University, England
Worcester College Quadrangle
Founded 1714



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THE INTERNATIONAL STUDENT

APRIL, 1948

Vol. 45, No. 5

HARRY S. WARNER, *Editor*

The Social Pattern

By GEORGE T. HARDING, M.D.

A PROBLEM of tremendous importance to young people is the dominant social pattern of our times which includes the social pressure of the group to accept social drinking. The importance of this particular pressure is increased by the fact that it comes at a time when the young person is least prepared to meet it.

I have talked to hundreds of students in the University who have told me that they are opposed to drinking, that they accept alcohol only because they are unable to resist the social pressure of their group. Unfortunately, the individual who finds it hard to be in the minority, to resist the pressure of the larger group, is too often the one least able to resist the tendency to become alcoholic. It is the exciting, stimulating, pleasurable surroundings of college drinking, even when it is done in moderation, that makes it a particularly dangerous influence in later life when individuals unconsciously try to recapture the thrills and excitement of their youthful pleasures and to recall the romantic atmosphere of the fraternity or sorority party or dance.

Dr. George T. Harding is Professor of Clinical Psychiatry at Ohio State University and Director of the Harding Sanitarium, Worthington, Ohio.

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How Social Attitudes Create Alcoholism

By ANDREW C. IVY, Ph.D., M.D., D.Sc.

IF READERS of this article could see the letters I receive from the friends of alcoholics, if they could listen with me to the pleading of a mother or wife, that something be done for her son or husband, to the alcoholic himself, as he seeks to be freed from being a millstone about the neck of his family, they would realize that alcoholics are sick people, not criminals: **that they have been produced by a social attitude** for which you and I are partly responsible, and for which society at large is entirely responsible.

Alcohol produces alcoholism because it is a narcotic. It is not a stimulant. It causes a diminution of inhibitions and causes a feeling of well-being; that is the reason why liquor is consumed by the moderate drinker and alcoholic.

Morphine and cocaine are more habit-forming than alcohol. Morphine is so strongly habit-forming that the most susceptible persons will form the habit after 3 or 4 doses and the most resistant after 20 doses. The continued use of barbiturates, widely employed in medicine for sedation, may result in habit formation or dependence in susceptible persons. The barbiturates are considered dangerous enough to many states to be restricted for sale only under a physician's prescription.

Causative Factor

This point regarding the narcotic and habit-forming property of alcohol should not be forgotten. Some argue that a person who becomes an alcoholic addict is a weakling, from heredity or training and experience before he

Dr. Andrew C. Ivy, is Vice President of the University of Illinois in charge of the Chicago professional colleges, professor of physiology and head of the department of clinical sciences. This article is condensed from "Liquor and the Individual," *The Christian Advocate*, Chicago, Feb. 12, 1948; used by permission.

becomes an addict. Such a view would relieve alcohol from being the causative factor of addiction, and that is not tenable. The evidence shows that, as far as we know what constitutes normalcy, perfectly normal people can become addicted to alcohol. Also, there are probably as many nonalcoholic neurotics as there are alcoholics.

Primary Addicts

In many cases alcoholism is a disease like morphinism; in other cases alcoholism is a symptom of a disease. According to one study, 40 per cent of alcoholics had a psychopathic personality, mental deficiency, psychosis, or epilepsy, and their drinking appeared to be symptomatic of the disease. In a few instances true addiction was present where life was tolerable to the patient only when drunk.

Addiction from Social Drinking

The largest group consisted of secondary addicts, or patients who became dependent on alcohol because of repeated social drinking. Prior to addiction the patient was a reasonably well-adjusted social drinker. Then situations arose which were followed by heavy drinking and alcoholism. And the simple fact should not be forgotten that each of the 750,000 alcoholics and 3,000,000 excessive drinkers began his or her experience with alcohol as an occasional social or moderate drinker.

There is no way to tell in advance which one out of every 15 or 20 social drinkers will become an excessive drinker or addict. We have no way of predicting who is susceptible or resistant to the formation of the alcohol habit. Addicts come from the educated and the ignorant, the rich and the poor, the clergy and church members as well as among criminals. This is a very important research problem. If we knew the answer, we might help prevent alcoholism. But on the contrary, we might not, because the susceptible people might drink regardless of the warning.

Availability as Cause

At present there is no single explanation of alcoholism. It is not limited to any one type of individual nor any single cause, except the availability of alcohol in society.

Of course, it is frequently said by psychiatrists that alcoholism is a symptom of maladjustment. If so, a person who **drinks for an effect** is maladjusted; and a person who **thinks he has to drink in response to social pressure** is maladjusted. The maladjusted feelings most commonly reported by alcoholics are a feeling of insecurity, rejection, inadequacy, frustration, nervous tension, or boredom. These feelings, however, exist in many nonalcoholic persons.

Though the narcotic action of alcohol is the primary cause of addiction, the frequency of addiction in a population or race is related to the social attitude toward drinking. This fact is strikingly and tragically demonstrated by the following fact. Prior to 1931 there were five male to one female alcoholic; since 1943 the drinking among females has increased to such an extent that the ratio is now two or three males to one female. The social attitude against drinking, like smoking cigarettes by women, has changed since 1930; as a result the narcotic action of alcohol has had more free reign among females, and the frequency of women drunkards has markedly increased.

Results of Social Attitude

This, as well as other evidence, shows that alcoholism is not only a problem of the individual but is unequivocally a consequence of the social structure and attitude of society toward drinking. There is obviously something wrong with a society that spends only three billion a year to educate and awaken the brain and nine billion a year on alcohol to impair the brain and to put it to sleep.

Another paradox is the attitude of our people toward alcohol as a public health problem. All agree that the beverage consumption of alcohol is one of our major public health problems.

In our country today, according to reliable estimates, there are 3,000,000 excessive drinkers whose lives will be shortened, 750,000 chronic alcoholics, 600,000 persons with tuberculosis, and 500,000 with cancer. We spend nine billion dollars a year on the production of 750,000 alcoholics and 30 million a year to prevent and treat tuberculosis and cancer. We spend nine billion to produce a disease

and only 30 million to prevent and treat two major diseases.

It is strange that alcoholism is the only disease where it is considered illogical and unethical to annihilate the cause. To prevent malaria, we destroy the mosquito; to prevent germ disease, we kill the germ; to prevent small-pox, we vaccinate. But to annihilate beverage alcohol is considered an infringement on one's personal liberties.

A real cure of alcoholism does not exist. The disease may be arrested by treatment in those who really desire that it be arrested. But the accumulated evidence reveals the tragic fact that once an alcoholic always an alcoholic. **Complete abstinence** is the only way to prevent a relapse.

Prevention can be attained by prohibition of manufacture and by education. Education is obviously preferable and must be continued with or without prohibition. The only sure method of prevention is abstinence.

National Living vs Drug Customs

The most basic consideration is to teach that natural living is the best life has to offer, that the use of drugs is dangerous, and that real satisfaction in life comes from facing and not evading the realities of life.

Such teaching must originate in the home by example as well as by precept, and be repeated in the school. It is a tragic fact that 70 per cent of alcoholics started drinking and first got drunk in their teens. It should be repeatedly emphasized that alcohol is a drug, that the alcohol habit is like a drug habit, and that one in 15 or 20 social drinkers forms the habit.

We send many to mental hospitals when they become insane, but spend relatively nothing to prevent the insanity. We spend millions for tribute to alcohol and only a few dollars for defense against it.

It must also be recognized that education for intemperance must be counteracted. The advertisements lead the young to believe that if one does not drink whisky, one will never become a man or woman of distinction. Moving pictures show the heroine drinking. Stores advertise cocktail gowns.

There will always be a liquor evil to educate against as long as profit is to be derived from making a drinker out

of a nondrinker, or by converting a light drinker into a steady drinker. The evil will continue as long as magazines, newspapers, moving pictures and radio continue to present the most appealing advertising ever conceived and with a yearly expenditure of \$75,000,000.

If we are going to prevent an increase in the number of excessive drinkers and alcoholics in our country, among which will be our own children, we must intensively educate and propagandize the fact that alcohol is a narcotic, that drinking is not smart, that a capacity to hold liquor is a dangerous gift, that intoxication is a disgrace and there is nothing funny about it.

Problems In Alcohol

By BARBARA JEAN DAWSON
High School, Yakima, Wash.

THE PROBLEM of drink is a vital one to the youth of today and this problem is not caused by one factor alone but by three.

As I see it, the first and most important of these basic problems is the home environment. It is in the home circle where the habits and customs of later life are established. The mother and the father are the child's example and they, the parents, set the standards for the child's life. What the parents regard and accept as satisfactory, the child will accept also. Therefore, if drinking is condoned in the home it is only natural that the child would drink. Just to say something is not enough, a good example must be shown. . .

A second cause of drinking is the desire to be a "good fellow." The normal man needs friends and companionship. When one is with a drinking group the easiest course to follow is that of a "good sport." But one drink to be sociable calls for another to be even more sociable.

To drink to be friendly is to place temptation in your

This article is the first prize essay, slightly reduced, in the Roberts Memorial Contest, January 16, at Yakima High School, Yakima, Wash. Miss Dawson is in the Senior class. This essay writing contest at Yakima on Alcohol Problems in which fifty students wrote this year, has been continuous for twelve or more years.

path. You are starting on the down-hill road to alcoholism! Then, too, a friend made over a glass of beer is not a true friend. Both of you are incapable of making sound judgments and hastily chosen friends sometimes lead to trouble.

The reason some advance as the cause for their drinking is that they feel more friendly after a glass of beer. This is most certainly true. After a drink of an alcoholic beverage or beer the inhibitions and actions acquired through practice begin to relax and become less effective. You are not as critical of your friends or their actions. Whatever is said or done is funny. No cares or worries bother you and you don't care what you do. Your speech and walk become disorganized and you become more like an uninhibited animal as you drink on.

A person who has taken a drink feels more witty and capable but in reality his mind is really dulled. Alcohol is not a stimulant! It is a depressant to the nervous system and to the higher brain centers. . . .

The third factor which contributes much to drinking in teen-agers is conditioning advertising. This advertising is nothing more than pure propaganda! The type most commonly used is the association of drink with someone or something good or desirable. This association-type of propaganda can be found regularly in our best magazines.

As one drives along the highway, signboards all proclaim the glamor of drink. Beautiful girls smile an invitation to come and have a drink. As you listen to the radio, commercials speak eloquently of sitting with your friends and enjoying a glass of their finer brew.

Motion pictures further add to this illusion. Cocktail lounges are shown as ideal meeting places. . . .

The youth of today are conditioned for drinking from their youngest years. The habit of drinking for sociability and so called fun is established when people are very young. Soft drinks or punch are always served at parties. When young people reach High School the habit of drinking for friendship and fun has been well established. The step from harmless pop to alcoholic drinks is a slight one indeed! If the young people do not have a strong will and a fine character to help them, they are easy prey to the

advertising which insinuates that pop is for kids, while beer is for grown-ups. . . .

In conclusion, I would like to state that the solution of these three vital problems to the teen-age group of today which I think are basic, lie in a three point program:

First, teach the young children of today the evils and bad effects of alcohol so that they, the future parents of America will then stand strongly against alcohol and bar it from their homes so that they may have security, and children that will be well-adjusted to life.

Second, we must realize that the friendly drink is not all right, but is the degradation of your better self, disguised as being harmless.

Third, we must understand also that advertising of alcoholic drinks is merely an appeal to the youth of today, using propaganda methods and that the associations used are very misleading. We should limit certain types of advertising.

It is estimated that there are 750,000 confirmed alcoholics in the United States, with 2,250,000 more on the way! This is a challenge to you and to me that we do not become part of the estimated 2,250,000 slaves of alcohol!

The Pattern Starts the Habit

WHY THEN, does the high school boy or girl drink?" asks Dr. E. M. Jellinek, of the Yale School of Alcohol Studies, in a recent study of beginning drinkers, "Drinking in that age group means only one thing. It is the badge of superior age. It gives social distinction, the young drinker feels. In this pattern lies part of the problem." For young people feel a strong need to distinguish themselves and gain prestige, so they drink.

This investigator indicated that only 10% of these cases in the study began as "lone drinkers" and that 90% started as social drinkers. "The problem is how to guide the young people when these choices of right and wrong with their accompanying social pressures arise. Alcoholics Anonymous can help the drunks, but it is up to you to find the ways and means of preventing them from becoming drunks."

Better Fences

By VERGIE E. GILLESPI

A FARMER BUILDS fences to keep roving animals from destroying his crops. He must make them strong and sure: low enough to resist rooting pigs—high enough to discourage high jumpers. And he must constantly watch for weak spots which he readily mends.

In preventive measures against alcoholism, people must be as vigilant as the farmer. Strong fences of character—"the sum of traits and habits that make up a person's mental, moral and social being"—must be built: high enough to defy suggestions that drinking is a cultured social custom—low enough to check the groveling animals of gluttony and dissipation—with no cracks wide enough to let the folly of moderation slip through.

Such strongholds must be started early. Despite the exception each of us knows about, we cannot circumvent the truth in Proverbs 22:6, "Train up a child in the way he should go: and when he is old, he will not depart from it." Ideals and impressions stored in the conscious and subconscious minds of children and youth through early training in the home, church, and school continue to influence their later lives. After long observation, J. Edgar Hoover states that he believes the greatest cause of delinquency is a lack of early training in Sunday school and home.

Yes, there are exceptions. This fine young man would have laughed at the idea that **he** might some time be labeled an alcoholic. He doesn't laugh now. Somehow, in those first weeks of college, he let his fence get weak.

Miss Vergie E. Gillespie is a Sophomore at Alderson-Broadbush College, Philippi, W. Va. She is the winner of the *International Student* award for April 1948.

. . Finally it fell, and habits hated before entered at will. With horror, he discovers that he has even lost the incentive to repair the damage.

What about those who haven't the advantages of well-adjusted home life and Christian leadership? The prerequisite of true prevention, an early start, having been omitted necessitates a combination cure-preventive treatment. But how to keep both types from further downfall? To prevent a child from drinking poison, we keep it out of his reach. In our society, however, we cannot deny the individual his right to choose, wisely or unwisely, whether he shall drink alcoholic beverages. Probably the most healthy-minded, influenced constantly by advertising and social custom, has toyed with the idea of seeing for himself just what there is to the drinking hoax. Here again, early training will tell. That person with ideals of right living, strength, and integrity instilled in him from early youth will be more likely to refuse such temptation than one who had no such background.

Suppose the educated one does slip, along with his less fortunate brother? Does that refute the theory of early guidance as a preventive? I think not. Psychologists recognize the powerful influence of the subconscious mind. Better the chances of one who "reverts to type" after a slip, if his type had any of the finer character traits, than one whose early training gave him nothing to revert to!

Is this outside the pale of prevention? Why lock the barn door after the horse is stolen? Sometimes a child has to get burned once before he learns to avoid future painful experiences. It's quite possible to regain the stolen horse or get a better one. The person who works to restore or build anew his character and faith after it has been stolen by drink is likely to keep his fences and doors more secure against further entrance of the thief.

Thus there are two stages of control, the first emphasizing competent leadership and early training, the second, a knowledge of common-sense psychology, a term including any aim which seeks to help another through an understanding of his problems. Those in positions to

advise and counsel cannot do so unless they understand people and can help them to understand themselves. Insecurity, despair, frustration, or any of the host of causes that furnish a motive for drinking must be met with calm assurance and knowledge of a better way.

When medical attention is needed, the concern and effort should be no less than that demonstrated in the care we give to those ill of tuberculosis or cancer. And we must be as active in curbing the spread of alcoholism as we are in our attempts to restrict other diseases.

Fences of resistance built through early education are desirable. Later ones are effective, too. Built up by a friendly touch which has helped him see the worth of himself, helped him feel the love of God—in short, has given him faith and self-confidence—a “prevented alcoholic” can do wonders in the fight against alcoholism.

Effects of Alcohol on the Body

By HOWARD SHUMAN

THE MOST IMPORTANT effects of alcohol are caused by the action on the brain which controls the greater number of body functions. The brain controls those functions which express a person's will, behavior, memory, reason, intelligence, judgement and general self-control. In addition, the brain controls the ability to speak and directly controls the special senses, including sight, hearing and touch. Here again, alcohol does not act as a stimulant but rather as a depressant. The extent to which the brain is depressed depends upon the amount of alcohol which reaches the brain and the spinal chord. The excitement and increased activity which follows the taking of alcohol is not caused by stimulation but by the unchecked emotions which take over when reason and self-control are depressed. As the amount of alcohol absorbed

Excerpt from the second prize essay at Yakima, Wash., High School, January 18, 1948. Howard Shuman is a Senior this year.

increases, the brain becomes further depressed, and the user loses his co-ordination, speech-control and vision. Finally, if drinking continues, unconsciousness will result. The amount of liquor that a person can absorb and still remain sober depends upon how fast he drinks that amount and how much food there is in his stomach. In any case, it is the central nervous system that is paralyzed.

The poisonous effect which alcohol has on an individual is usually so gradual and so modified by many factors that it is often hard to distinguish. . . These symptoms are progressive and are caused by increasing damage to the central nervous system. They are proportional to the amount of alcohol in the brain.

Decreases Mental Efficiency

ALCOHOL IS THOUGHT of as a stimulant. But it doesn't speed up the mental processes; it slows them down. And I don't mean the slow down that goes with getting dead drunk. I mean relatively small amounts of alcohol, say the amount in three or four cocktails, do slow down mental processes.

Let me give you some examples. How fast can a man get his foot off the accelerator and on to the brake of his car when the traffic light changes from green to red? On the average it takes two-tenths of a second after two cocktails. Actual tests show that an experienced driver goes four to eight feet further at 30 miles per hour before he can begin to apply brake pressure than he would if he hadn't had a couple of drinks.

After two or three glasses of whiskey a professional typist makes 40 to 50 per cent more errors in her typing. An experienced typesetter takes 70 minutes to do a 60-minute job after two-and-a-half glasses of whiskey. Alcohol does decrease mental and physical efficiency.

—Dr. Carney Landis, Professor of Psychology, Columbia University, from *Radio Symposium*, "You and Alcohol."

Monkey Suits

DEAN R. E. MANCHESTER,

Kent State University, Kent, Ohio

Ad in the paper—"Wanted to rent a Tux, size 40. Contact 252, care of the Morning Crow". Wanted a Tux! For what? For the formal—of course.

Those who write pieces for the paper are always searching for subjects and if one be a little irritated by certain happenings there is a bit of suggestion in the newspaper ad.

The happenings, above referred to, are those taking place when Tuxes and Long Gowns meet for purpose of celebrating formals. The happenings are those not in keeping with the best in human behavior. While the happenings are made possible by a very few of all who participate they do get the spotlight and the publicity.

It all seems to boil down to the matter of determining what is the vogue and what is expected of one who indulges in the dress-up arts, with added frills, on the evening set aside for the party. There is a notion in the minds of many that along with hair-cuts and shoe-shines there must be alcohol and that there can be no pleasure of fun unless the body is paralyzed, the mind befogged and the sense of propriety non-existent.

From one possessing a fairly decent I. Q. it would seem reasonable to expect enough logical thinking to create a conduct pattern consistent with all factors involved. Why all the fuss about the following out of social techniques and the cheering for the social graces if everything is to be sent hay-wire by the alcohol business? Why pay rent on a Tux if its only use is that of covering up a befuddled body? Why talk about beauty, charm and glamour if the objective be that of destroying all appreciation of good taste and nice manners by the use of alcohol? Rather dumb, don't you think?

—A Saturday Evening Letter.

If you are one who has alcoholic ambitions, please realize that we all know that there are 15,476,678 places where you can buy a drink and that we know you are bright and sophisticated enough to be able to place the order and pay the bill and that it is not necessary for you to put on an act to show your brilliance in social activities.

Course in Alcohol Instruction

At the University of Oregon

A COURSE of Instruction in Alcohol Studies, open to the public as well as advanced students, was given, during January—March, 1948, at the University of Oregon, Eugene. It featured lectures by experts and a conference based on the findings of the Section on Alcohol Studies of the Laboratory of Applied Physiology, Yale University. With a series of one-hour lectures, discussion under the lead of a moderator, registration, workshop, and a fee of \$7.00, it offered credit of two term hours in the Department of Education.

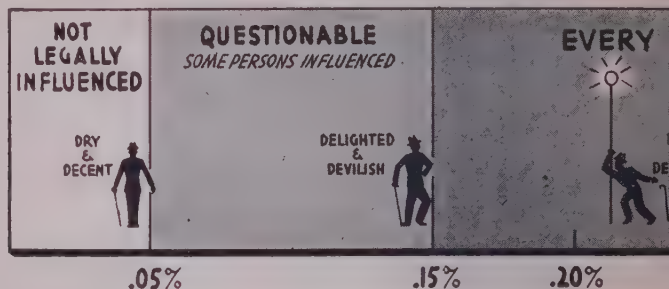
Under the direction of The General Extension Division of the Oregon System of Higher Education, with headquarters in Portland, the course at the University included such topics as the following:

"The Psychology of Drinking and Alcoholism," Dr. Joel V. Berreman, Prof. of Sociology, University of Ore.; "Background and Introduction for Alcohol Studies," Dr. Victor P. Morris, Dean, School of Business Admin.; "Child and Adolescent Psychology and Alcohol," Dr. Lester F. Beck, Assoc. Prof. Psychology; "Alcohol and Law Enforcement," Judge J. J. Quillen, Municipal Court, Portland; "Alcoholics Anonymous," Cecil Farnes, Portland business man; "Legal and Social Controls," Walden Sampson, Director Research, Portland.

Two workshop sessions for discussion and the preparation of materials to be used for junior and senior high-

(Continued on Page 153)

THERE IS A DEFINITE RELATION BETWEEN ALCO



Early Changes in Pert

By HAVE

THEN YOU CHOOSE to swallow alcohol, whether in low percentages in beer or in high percentages in wines, distilled liquors or liqueurs, many surprising things occur that you find it hard to explain or to understand.

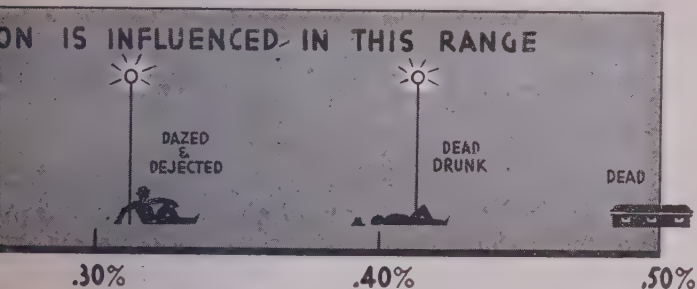
Become Irresponsible

First of all, you feel a change, a sense of warmth, a vagueness in your contact with others, a remoteness that makes you rather irresponsible. You talk more, your voice rises, you feel elated and think you are stimulated,

In this address to the high school students of New York City, Dr. Haven Emerson, made it clear that he was not discussing the severe or late effects of drinking, but rather the milder, the first-noticed and the temporary changes that occur in mental and bodily performance after drinking. These effects, it should be noted, occur in healthy young men and women when they take alcohol. Dr. Emerson was not dealing here with the alcoholic, the inebriate, the heavy excessive drinker—just the average and the beginning drinker. His discussion, therefore, has exceptional meaning in educational activities on the problem.

Dr. Haven Emerson for twenty-five years Professor of Public Health, at Columbia University, has been Commissioner of Public Health, New York City, health survey specialist, author, and lecturer on a great variety of health subjects.

IN THE BLOOD AND DEGREE OF INTOXICATION



ance Follow Drinking

SON, M.D.

while as a matter of fact your self-control and judgment are at once depressed. You no longer can trust your own or other people's conduct.

You've been told that you will be stimulated by beer, wine or whisky. You are surprised to find that anything you do you do poorly. Your clumsiness of hand or tongue does not distress you because your wits are too dulled by alcohol to observe and reason clearly.

You've been told that beer is nourishing, like a glass of milk, a cup of broth or potatoes. It is a surprise to find you still feel hungry and remain quite unsatisfied by the drinks you have taken, quite necessarily so because alcohol is in no proper sense a food.

Low Grade Conduct

It will surprise you when your companion who decided not to drink tells you of the awkward, vulgar, coarse and impolite things you did in the thoughtlessness of your drinking, and you do not know why or how you behaved in ways so contrary to your upbringing, your decent inclinations, your rational normal habit.

When an alcoholic drink is offered, why do you take it? Probably because of curiosity and example of others, or just because you don't quite know how or why to say, 'No, thank you.'

A Foreign Substance

Perhaps of first importance is the fact that alcohol is not a normal ingredient of any healthy, human body tissue or fluid and is incapable of being combined or incorporated or stored for use in any part or organ of the body. It is not needed for perfect growth or development of our bodies or any of their functions, at any age in health. It is handled by our bodies as a foreign and harmful substance. Alcohol in so-called moderate, or in large amounts, does not benefit the structures of the body nor the work that the body or mind does.

The chief reason for this failure to benefit the body is because the most important effect of alcohol is to depress, slow down, delay and render incompetent or definitely inferior the cells of the brain. This depressant action of alcohol is invariable. It does not stimulate or improve anything we undertake to do.

Earliest Effect, Loss of Judgment

The earliest effect, almost always unnoticed by the person who has drunk the alcohol, is a loss of judgment, of self-control, of discretion, of responsibility. It is this effect that makes the person with even small amounts of alcohol in his blood incapable of judging his own performance or ability. He thinks he is saying smart things, but does not see how silly he appears. He thinks he is witty, agreeable, skilful in the dance, or at some game or when driving a car. He often thinks and acts as if he were a stronger, more courageous, daring fellow with word and deed than his companions, when as a matter of fact he is more clumsy, awkward, unskilful and with a use of language he would be ashamed of if his wits and judgment were not muddled.

Results of Brain Depression

It is not the fault of the eye that he sees a blurred or double image, or of his muscles that his fingers fumble with his coat buttons, or his knees feel weak and wobbly.

These common later effects of several cocktails or a bottle or two of beer are all of them the results of the depressing effects on the brain and spinal cord which can no longer make the muscles work together and perform their duties.

Alcohol, even in small amounts, slows our reaction time from five to ten per cent, so that our eyes and hands do not work together, nor the body respond with the usual speed and accuracy to a warning of touch or sound or sight. Whether at work or play we become less efficient after drinking alcohol.

Distribution of International Student

To High-Schools

Increases 400% in Eight Years

THE QUALITY and quantity of high-grade educational and scientific publications, suitable for use as aids to teachers and students in dealing with problems of Beverage Alcohol, have greatly increased in very recent years.

Measured by the distribution and use of our own publication alone, The INTERNATIONAL STUDENT, and the service rendered by one agency alone, **The Methodist Board of Temperance**, Washington, D. C., the enlargement of educational service, in providing it for the Libraries of Public High-Schools, has been about 400% in eight years.

Since The STUDENT is edited and published particularly for college students, college teachers, leaders of students, high-school teachers, and circulates almost entirely in these special fields, the enlarged use that has taken place since 1939 is significant— an indication of a widening as well as deepening, and increasingly critical interest in the seriousness of alcohol problems and the creating of alcoholics by the pressures in current society. Surely, it may be regarded as a straw in the wind, a growing awareness of the problem, and desire to do

effective educational work, by and among many of the higher schools of the country.

About twelve years ago The INTERNATIONAL STUDENT was first offered to High-Schools for their libraries and reading-rooms. The first important step taken was in Michigan, when The Intercollegiate Association, through its representative, Henry C. Jacobs, began to make it available to the high-schools of his county, then to surrounding counties, then throughout the entire state. With all the high-schools of a state receiving and many highly commending the publication for several years, and scattered enlargements in other states, the plan had been thoroughly tested.

Then the Methodist Board of Temperance caught the vision of what it would mean to expand this tested project into other states—then throughout the country as a whole. Through the Executive Secretary, Dr. Ernest H. Cherrington, a project to make it available to the 2,562 largest city high-schools was begun in 1940. It was sent to Libraries—ready for teachers and students, a “digest size,” condensed and reliable source of late and accumulated educational and scientific material—ready for use in preparing class work and for student readers. Another step made it available to schools in towns and cities of 2,500 population and above—then, to the rural high-schools of the whole country. Other friends of the project at the same time, and The Intercollegiate Association, continued the new movement until, by 1945, The INTERNATIONAL STUDENT was being sent, as the gifts of friends to nearly all the public high-schools of the United States, including the District of Columbia, Alaska and Hawaii.

The part rendered by the Methodist Board in this broadening civic service—strictly educational in content—deserves particular attention because of its multiplying influence, not only in the schools reached, but also in the wider use of the new and better educational material on the Problem of Alcohol in yet larger fields.

Measured by the number of high-schools supplied

through the aid of the Methodist Board, the service provided has averaged in the eight school-years, as follows:

1939—40	2,562	City high-schools
1940—41	4,360	City and smaller city schools
1941—42	4,360	City and smaller city schools
1942—43	4,360	City and smaller city schools
1943—44	4,360	City and smaller city schools
1944—45	6,794	City and rural high-schools
1945—46	13,128	City and rural high-schools
1946—47	12,000	City and rural high-schools
1947—48	10,000	City and rural high-schools

The maximum number of schools supplied by the Board was for the October issue, 1945, 13,256, out of the total number 21,177 receiving the publication at that time. From the beginning of this service by the Board, to the present issue, the distribution has included all the states, in proportion to the total number of schools in each state.

Among the reasons and facts that have inspired this enlarging project are the following:

The **International Student** seeks to create and strengthen an interest in responsibility for Leadership in Alcohol Problem Education by and among Educators.

It is condensed, convenient in size, ready for the busy teacher.

It supplies the latest and most dependable material **on all phases** of the problem.

It gathers its material from international as well as national resources.

It is edited for students; teachers and leaders of Youth. It is factual, scientific and comprehensive.

It is a popular "digest" magazine on the problem, "digest in size: partly "digest" in material, but with substantial articles each month.

It is dependable, comprehensive, covers the whole subject; gives sources and material that are authentic.

Its editorial policy is "Seek the Truth; Lead where it Will"—a basic idea in education.

It will attract the attention of Teachers because it is Collegiate, as High-School Teachers are not far beyond

their own college days.

To interest the teachers is the most direct—and **only practicable**—way of reaching any considerable part of the 6,800,000 pupils in the 23,600 public high -schools of the United States.

It avoids propaganda—but faces disputed questions connected with liquor—social drinking, liquor customs, control or elimination of the traffic,—frankly and realistically; it is fearless in its analysis of drink customs and their consequences.

New Depressing-Drug Problem

The Woman Who Drinks

By KATHLEEN NORRIS

FOR GENERATIONS excessive drinking by men has been the curse of helpless womanhood and childhood, has been the creator of want and slums, cruelty and crime.

For generations the struggles of women to curb this curse have represented the one desperate effort of their lives, the one fervent prayer of their hearts.

It is a sorrowful thing, it is a bitter reflection upon the code and character of American women today, that this curse is being extended to include them; that thousands of our women—and by no means our poorest women, by no means the women who have sunk to the lowest stage of degradation—are voluntarily placing themselves in the group of the drunkards.

Drunkards. It's a strange word to apply to women. But the hard fact is that it fits any woman who drinks until she loses control emotionally, until she isn't quite sure of her step, until she is ready to do things and say things

Excerpt from "America's New Liquor Problem: The Woman Who Drinks", by Kathleen Norris, noted writer, in *The Voice*, Washington, D.C., May, 1947.

she would not dream of doing, or saying, in her saner, soberer moments.

In this serious time . . . this new problem confronts America. What is she to do about her drinking women; what is she to do about intoxicated older mothers with school children coming home, intoxicated younger mothers whose babies need them, intoxicated girls?

Drink injures women more than it does men. Drink weakens women's mind, takes away will power. The shop knows all about drinking women who come in irresolutely to charge the fur coat for which they never can pay. Traffic cops know all about drinking women who drive into other cars, and laugh weakly as they explain the accident.

Neglected children may not know what is the matter with mother, but they suffer just the same. Divorce courts flourish and grow fat as the brainless, empty little voices recite their stories of incompatibility and desertion and mental cruelty; stories that could all be boiled down to the three words—another drinking wife.

Doctors know all about drinking women. Cases of female alcoholism used to be rare. They used to be confined to unfortunates who spent nights in the gutter or cried in saloons over their beer.

They are not rare now. I wonder if girls and women realize what they are doing to themselves when they sit in hot saloons and barrooms, gulping down the bright, corroding stuff that destroys everything that a woman holds dear—body and mind and soul?

Yes, not only the soul. That side is bad enough. But women's minds very rapidly disintegrate under the sort of heavy drinking that thousands of women are doing nowadays. A woman's body has not the hardness nor resilience of a man's body. A woman possesses certain delicate organs that are involved in the very fibre of her life-happiness; the elements that make her an attractive girl, a beloved wife, a happy mother. Without these things she fails to reach the real object of her being alive at all.

"We used to get one case of female alcoholism in three months," the head nurse of a big ward said to me recently

"Now they come in droves. Hysteria, nerves, chronic nausea, migraine, drugs, hallucinations are all the result of systematic drinking by women. Don't ask me why more men don't go to pieces the same way for I don't know. Stronger, perhaps, less delicately organized.

"But a lot of woman's happiness depends upon men finding her lovable, either as a sweetheart or a wife. And drinking women," this nurse went on, "are not lovable. They smell of liquor, they can't take it. They cry and get sensitive and imaginative—all things that men hate. To be made conspicuous by a drinking wife is a situation that makes a man grind his teeth for days on end with rage. And if he sees her dreamy and moony when she ought to be practical; indifferent to his children's welfare; getting more simple and stupid every day,—well, one more home is racing for the rocks.

Women at the Bar

ONE OF THE SADDEST and most assuredly the ugliest social spectacle of city life nowadays is the dark and dingy cocktail bar where at almost any hour of business the clientele is largely feminine and unescorted.

The female bar fly, as this type of customer is described by other habitués, has in fact become a standard character in the modern saloon.

The most casual of surveys suffices to establish her aspect and behavior, a combination of alcoholic incoherence, objectionable language, excessive familiarity with strangers, an aptitude for wheedling, quarreling or cadging.

They are mostly women of all ages with time heavy on their hands, no pressing occupation to follow and immature ideas of recreation. Women who have swallowed whole and half-baked the tawdry notions of "freedom" and "broad-mindedness" implanted by innuendo and outspoken depravity through "modern" books and "modern" movies.

If these women, who comprise a wide range of classes and conditions, were to hear the appraisals of them that are current among the knowing and contemptuous bar-keeps, the male drinkers, the hangers-on, the touts and wily vagrants who infest these places; if these women should see themselves as these characters see them, they would run home in tears, with an intolerable sense of besmirchment and shame.

"THESE" women are beginners who do not yet "KNOW THEY HAVE BEGUN."

They have not heard, or understood, how easy is the descent to Avernus.

For, if this promiscuous and continual drinking in saloons continues much longer, too many mothers and wives and sisters to whom society looks for refuge and sanity and health in an age of moral laxity, will instead become derelicts, meriting at the worst disgust and at the best pity.

A cleanup is drastically needed, and those who shrink from the word "prohibition" will do well to remove from the social scene one of the most potent arguments for that very thing.—Editorial, "Los Angeles Examiner", Jan. 2, 1947.

COURSE IN ALCOHOL INSTRUCTION

(Continued from page 143)

school courses, were led by Mrs. Jennelle V. Moorehed, Assoc. Prof., Physical Education, University of Ore.

Dr. Henry Gunn, President Ore. School of Education, Monmouth, in cooperation with this project, expressed the conviction that: "Alcohol Education should be included in all teacher-training courses."

This course for teachers was preceded, October 24, 25, by a two-day "Yale Plan Study Conference" in Portland, featuring Dr. E. M. Jellinek, of Yale in four lectures and including a panel discussion on "Alcohol Education for Youth in Home, School, Church and Community," with Youth represented by two high-school students.

The Alcohol Cult In Life Today

"Seek the Truth
Come Whence it May
Lead Where it Will"

Cost of Firing Drinkers

Alcoholic employees now cost industry almost \$1,000,000,000 a year, (when, as is usual, they are fired). . . Industry does not realize that it has invested time and money in these employees and that it is not necessary to fire them. If proper measures are taken, most of them can be rehabilitated and, when this is accomplished, they make the best type of employees."—DR. ANTON J. CARLSON, University of Chicago.

Magnitude of the Problem

Alcoholic employees lose an average of 22 work days a year per person, said Dr. A. C. Ivy, of the University of Illinois, School of Medicine. Women are afflicted more than is generally believed, with the ratio of alcoholic men to women having narrowed from 5 to 1 to 2 to 1.

Acute Intoxication a Mental Disorder

Meggendorfer says bluntly, "That acute alcoholic intoxication is not designated as a mental disorder is simply due to a tacit agreement because of the consequences which such a designation would involve. In reality acute alcohol intoxication is a poisoning of the brain and can be placed side by side with the severest mental disturbances which are known to us." (Effects of Alcohol on the Individual, by Jellinek.)

Alcoholic Crutch

Alcohol is usually the crutch of weaklings who flee thereby from an unpleasant reality into a temporary oblivion. It is a first cousin to suicide, the dope habit, vagabondage and other devices by which people try to get away from situations that cause them pain—Dr. GEORGE W. CRANE, "Columbus (Ohio) Citizen," Dec. 13, '47

Drug-Depressed Drivers

During 1947 the licenses of 32,448 California auto drivers were revoked—24,478 for drunken driving.—*Sacramento Union*, Feb. 11, '48.

Thanks for this Bunch

One thousand members of A.A. from Maryland, Virginia and the District of Columbia convened in a Washington hotel last week to drink what they called "Adam's ale" (water) and trade jokes. . . At a \$7.50-a-plate banquet, they drank large coffees. The hotel was pleased. . . "Thank God for this bunch, the first sober convention we've ever had," said the management."—*News Week*, Febr. 9, '48.

Made Nation "Liquor Conscious"

On October 29, 1947, Judge Fred G. Johnson, Hastings, Neb., delivered an address on "Liquor Advertisements in Magazines and Newspapers" of such significance that Senator Arthur Capper of

Kansas, had it inserted in the *Congressional Record*, Dec. 18th.

"The commercialized liquor interests," declared Judge Johnson, "years ago undertook to make this nation 'liquor conscious,' to use their own words. The following are some of their slogans:

"Teach American women how to drink. Invite and welcome them to your bar rooms.

"Train your publicity to catch the eye and develop the interest of the young generation."

"Made youth liquor conscious—make it smart to drink wines."

Magazines—free from the Cult

The question is asked: "Which are the magazines that have no beverage alcohol advertisements?" Here are some

Saturday Evening Post, Country Gentleman, Ladies' Home Journal, Good Housekeeping, Pathfinder, The Parents Magazine, The Woman, Scholastic, Etude Magazine, Capper publications, The Christian Herald, National Geographic, Science and Mechanics, Photoplay, Popular Mechanics, Radio Mirror, Scientific American, Reader's Digest, Progressive Farmer, The Farmer, Better Homes and Gardens. These all are successful in business.

Liquor Control Laws

In a lecture at Yale, Dr. Edward G. Baird, Associate Professor of Law classified liquor control laws in the United States in eight groups, some of the statutes falling in more than one category. These main groups are: (1) the statutes against

drunkenness and disorder; (2) the price-fixing, quality and measures statutes; (3) the license laws; (4) the revenue acts; (5) the trade laws; (6) various items of discriminatory legislation; (7) the judge-made law that relates to criminal and civil capacity and responsibility; and (8) the state-store acts.

On the Defensive

It is a trying situation to be in an industry which is constantly in the position of justifying itself—constantly on the defensive. . . . It is not enough to win local battle after local battle if the war itself is finally lost. And, if we are honest about it, we are not winning all the local battles, as a study of wet-and-dry maps will show since Repeal. In county after county, and in township after township, the dries have taken command and the total area of legal sales has been sharply curtailed.—*Modern Brewery Age*, October, 1947

International Congress

Leaders of many agencies in various nations will assemble in Lucerne, Switzerland, July 4-9, 1948, for the first post-war International Congress Against Alcoholism. The United States will be invited to be represented officially. A party will leave New York by plane June 14 for previous study of the liquor problem in Europe and attendance at the Congress. Details furnished by C. Aubrey Hearn, 209 Fourth Ave., N., Nashville, Tenn.

Four Reasons

By ALBION ROY KING

I. Benefits derived from moderate drinking are greatly over-rated. Alcohol, in one or two drinks, is a mild anaesthetic.

But a society in which all drinking is moderate is an idle dream conjured up by advertisers and propagandists who have something to sell. The real world has too many frustrations.

When one really begins to use alcohol for its effects—to achieve spontaneity and freedom from inhibitions, to attain forgetfulness or compensation—he is on the road to addiction. The road is short and easy which leads from the “little drink to jolt the mind out of the rut” into drinking as a means of creating a land of befuddled fancies out of touch with reality.

II. The Christian must think of his influence on others. The “man of distinction” with his cocktail sets the bad example, not the alcoholic.

The weaker brother many a time, as he lifts the glass thinks, “This time I’m not going to get drunk; I’ll show ‘em. I’ll be like Mr. So-and so.” And he is off on another bender.

In terms of influence, but not as basis for coercion, the Christian is the keeper of his brother’s habits.

For the alcoholic the only defense is to let it alone absolutely. Why should the Christian do less? Abstinence is the only adequate witness he has against one of the major evils in modern society.

III. All of us—even “the man of distinction”—must prepare for the crises of life. The moderate man is usually a happy and successful person. His position in business, professional life, or family group restrains him from excess.

Then tragedy strikes and the whiskey bottle is all too

Dr. Albion Roy King is Dean of Men, Cornell College, Mt. Vernon, Iowa. These “four reasons” are based on “The Ethics of Moderation,” in *The Christian Century*, Dec. 17, 1947.....

handy. A large percentage of alcoholics are moderate men who cracked up in crisis.

Alcohol is a false friend in strain or crisis. There are normal and healthy ways to solve psychic problems, to achieve happiness in social relationships.

Abstemious habits, with the cultivation of these positive resources for happiness, are the best preparation for crisis.

Nordic Peoples Seek Freedom

From Alcohol and Its Culture

A comprehensive, international and cooperative program adopted by representatives of Sweden, Norway, Denmark, Iceland and Finland for coordinate, long-time advance, at a North European Conference at Stockholm, Sweden, July 17, 1947, is as follows:

Ultimate Aim: Liberation of North Europe from Alcohol.

Method: To lower, step by step, the consumption of alcohol.

Measures to be taken:

- I. The effects of the use of alcohol, the means calculated to reduce its consumption and the evils it provokes, must be an object of research carried on according to modern-scientific methods.
- II. a) Improved teaching at the University, in normal and primary schools; instruction during military service. b) Energetic propaganda for total abstinence, supported by the State and pursued by means of lectures, brochures, articles in the press, the radio and films.
- III. Financial support by the State and the communes to the temperance movement.
- IV. High taxation of alcoholic beverages.
- V. Fight against drunkenness by individual treatment, begun in time, but no rationing of intoxicating liquor to all consumers of alcohol.
- VI. a) Disinterested management of the sale of alcohol. b) Support to the movement for temperance restaurants. c) Measures favoring the production and in-

- creased consumption of non-alcoholic beverages of good quality. d) No liquor advertising to be permitted.
- VII. a) No alcoholic beverages at entertainments organized and financed by the community. b) No sale of alcoholic liquor at public dances or in the proximity of entertainment halls, public parks, sports grounds or other meeting places of youth.
- VIII. a) Insertion in all laws and ordinances concerning the production and sale of alcoholic beverages of a clause prescribing that the sale shall be organized in such a manner as to reduce as far as possible the consumption of alcohol, and its consequent evil effects. b) The communes must have the right to prevent the opening of licensed premises on their territory. c) No licensed premises to be opened in the residential quarters of a town. d) Shorter hours of sale.
- IX. Public opinion should demand total abstinence, while on duty, of all engaged in transportation, military service, or any other activity or profession in which the consumption of alcoholic liquor presents special dangers.
- X. No commercial treaty should be permitted to hinder the freedom of temperance policy.
- XI. a) Public regulations should tend to diminish infractions of the law and facilitate their prosecution. b) The State and communal departments charged with the enforcement of alcohol legislation should be so organized that they fulfill the aim of this legislation and reduce as far as possible the consumption of alcohol.
- XII. State authorities should take proceedings against the managers of entertainments that endanger public health and sobriety. The communes should have the right to forbid this class of entertainment. The community should encourage all such forms of popular education, of the use of leisure as give the people a healthy substitute for drinking customs and thus gradually bring about the conviction that the use of alcohol is incompatible with the development of true culture.

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Speaking from Rough Experience

When Police Commissioner of New York City, Theodore Roosevelt said:

"The friends of the saloonkeepers denounce their opponents for not treating the saloon business like any other.

"The best answer to this is that the business is not like any other business and that the actions of the saloonkeepers themselves conclusively prove this to be the case. The business tends to produce criminality in the population at large and law breaking among the saloonkeepers themselves. When the liquor men are allowed to do as they wish, they are sure to debauch not only the body-social, but the body-politic, also."

The Liquor Cult and Its Culture

By HARRY S. WARNER

AN OUTGROWTH OF MODERN SCIENTIFIC UNDERSTANDING

"Particularly happy to have it because of my relationship to students here at the University of Iowa."—P. Hewison Pollock.

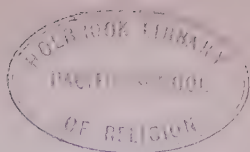
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INTERCOLLEGIATE ASSOCIATION,
12. N. Third St.,
Columbus 15, Ohio.

THE INTERNATIONAL STUDENT

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MAY,
1948

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

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Leadership in Scientific Education
on the Alcohol Problem
The Situation as We See It
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Role of Public School Education
on Alcohol
The Public Health Approach
Application of Preventive Medicine

CAMPUS
ENTRANCE,
OHIO
STATE
UNIVERSITY
COLUMBUS



Democracy
deeper than
Liberty; it is
Responsibility"

THE INTERNATIONAL STUDENT

MAY, 1948

Vol. 45, No. 6

HARRY S. WARNER, *Editor*

COLLEGES AND HEALTH AGENCIES

Should Face Growth of Alcoholism
Says Dr. Haven Emerson:

The proper department to teach about alcohol is general biology. Biology is the science of life, and the effects of alcohol on life are a part of that subject. As things stand now, few teach it. Public-health nurses need the facts of alcohol to pass on to families suffering from its effects, but no one has taught the nurse, and no supervising-nurse of alcohol education stands ready with pamphlets or other materials for her to pass on. Yet if they had the information, public-health nurses could help immensely by spotting sick personalities and taking steps to prevent the growth of alcoholism in them.

Let us educate until there is widespread support for what we want to do. The responsibility for that education rests with the state, through its educational institutions and public-health services, and with the churches. The leadership will have to be official leadership—college heads and professors and public-health officials. Both groups are established. Colleges are well-established and public health service is growing, even though 40,000,000 people still live outside communities served by its agencies.

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Ohio Forum-Conference

on

"Education and the Problem of Alcohol Today"

UNDER HIGH Educational sponsorship a "Conference Of, For and By college educators, College students, student leaders, high school teachers and principals, church school teachers of high school and college groups", at Columbus, Ohio, April 16-17, faced frankly the situation of today among younger people and discussed what they might do, with new types of education, to help meet that situation. Under the lead of experts, the conference considered the possibilities of a modern and enlarged educational advance, the great need of renewed educational activity, and some of the service that might be rendered by colleges, schools and other educational agencies. It gave attention to the rapidly-growing trend of alcoholism and emphasized the preventive educational approach as most effective, since cure of the alcoholic is difficult and his re-habilitation a service of qualified specialists.

Sponsored by the State Department of Education of Ohio, the Department of Sociology, the College of Education and the College of Medicine at Ohio State University, the University Religious Council, Capital University, Ohio Wesleyan University, Denison University and Otterbein College, the College Secretary of the Ohio Y.M.C.A. Movement and the Intercollegiate Association for Study of the Alcohol Problem, the Conference brought together a group of serious-minded teachers, students and community leaders for analysis of the problems connected with drink that they have to face, these days, and to consider what can be done at present that will be most constructive. Not in recent years, said a college official who has spoken widely in the educational field on this problem, has he been in a meeting that had such a good

representation of college people as came to this conference.

The first session, with Dr. Cecil North, Professor of Sociology, Ohio State University as Chairman, at the First Congregational Church, included a statement, "The Conference: Its Purposes and Possibilities", by Harry S. Warner, of The Intercollegiate Association for Study of the Alcohol Problem, and the basic scientific address of the conference, by Dr. Haven Emerson, Professor of Public Health, Columbia University, on the vital, new theme, "The Public Health Approach to Alcohol." Dr. Emerson's years as Commissioner of Public Health of New York City, and his many surveys of health conditions in many cities and states of the United States, give him a background of highest expert understanding from which to present alcohol as one of the three or four greatest public health problems that face intelligent citizens in present-day social living.

The second session, Dr. Harold H. Titus, Professor of Philosophy, Denison University, Chairman, brought out "The Situation We Face Today"; first, as a result of the fact that alcoholic drink is a deep-set factor in much of current social life. This background was presented in a lecture, "The Cult of Alcohol in Social Tradition" by Dr. Carl A. Nissen, Professor of Sociology, Ohio State University. After much discussion, the second part of the theme—the immediate realities—was discussed by a Panel, composed of an "A.A."—an army veteran—, a university student, Herbert C. McKee, Ohio State, and a college professor, Dr. Clarence H. Patrick, Wake Forest College, N.C. The panel created much spirited questioning and discussion.

The third session considered the constructive theme, "Seeking Preventive Solutions," Dr. Clarence H. Patrick, Chairman. Basic in any such program, it was conceded, is "the Role of Public School Education on Alcohol". This theme was brought to the conference in an address by Dr. Fred C. Slager, Principal of Central High School, Columbus. An address on "The Cult of Moderation in College Communities", by Dr. Albion Roy King, Dean of Men at Cornell College, Mt. Vernon, Iowa, developed a situation as to many colleges.

(Continued on page 179)

Leadership in Scientific Education On the Alcohol Problem

DR. HAVEN EMERSON

*Former Commissioner of Public Health,
New York City*

MODERN REPRESENTATIVE democratic society in the United States has created two agencies of government that are essential for our national survival and safety and for the protection of the lives of individuals and families. These are first, the public schools, the tax-supported colleges and universities and the teacher-training institutions; second, the departments of health at local, state and federal levels.

Leadership and responsibility for education in the facts of life, as these affect both children and adults, are shared by the two official agencies above mentioned. They cannot escape this obligation unless the people are too indifferent to their own lives to call upon the schools, colleges and health departments to serve them actively in this large field of preventable disease.

Six Main Facts

The facts to be taught have long been known. These facts have been repeatedly confirmed by experiment and human experience. In order of their establishment by the medical sciences, the half dozen important facts may be briefly described as follows:

1. Alcohol (ethyl alcohol) is a depressant and not a

This article by Dr. Haven Emerson is a digest of an address, April 17, at the Forum—Conference of students and educators at Columbus, Ohio. Dr. Haven Emerson, for five years Professor of Public Health at Columbia University, New York, author of the noted book, *Alcohol and Man*, is an expert of national standing in the survey of public health and health conditions.

stimulant. It is a narcotic and may be used as an anesthetic-drug.

2. The observed effects of alcohol on the bodily functions, on behavior, or conduct, and mental and emotional performance, can be explained best and almost exclusively by the selective, depressing, toxic action that alcohol in the circulating blood has upon the higher centers of the brain and the reflex mechanism of the spinal cord.

3. Alcohol is not in any real and honest sense a food substance. Although it produces heat in the process of its oxidation in the human body, it can not take part in body growth, development or repair, nor can it be stored in the body and used at will or need for purposes of body functioning. It is essentially a foreign substance which the body does its best to get rid of promptly and completely.

4. Alcohol, even in small amounts well below any definition of moderation in the social or police sense, causes a delay of 5% to 10% in those reaction-times or reflex acts upon which the body is largely dependent for automatic protection against injury.

5. Alcohol in small amounts causes an inferiority of performance in every kind of activity, simple or complicated, in which it has been tested.

6. Alcohol contributes nothing to the functions or structure of healthy human beings at any age.

It is desirable that these and other similarly well-established facts about the effects of alcoholic beverages upon man be taught authoritatively and be understood by people who then must be free to make their own choices as to their personal conduct.

It seems to me that the facts are sufficiently important and well-verified to justify intelligent and well-informed people to refrain from using it.

* * *

The psychological effects of alcohol were studied first by Benedict and Dodge, who observed a five to ten per cent delay in the reaction-time of reflexes. Professor Miles of the University of California, now of Yale, observed that the dulling of the mind and slowing of reflexes is responsible for crudities, errors in work and other abnormalities in the behavior of one who is under the influence of alcohol.

"The Situation as We See It"

A Panel

By An "AA"—A College Student—A College Professor

An Alcoholics Anonymous

MY PROBLEM in drinking started here in Columbus when I began drinking 14 years ago as a high-school Sophomore. From then until a year ago I was continually drunk, either physically or mentally.

An alcoholic, in order to get along with everyone and yet be economically able to keep on drinking, must be able to fit into any social group. He is something of an egoist. In his speech he can do anything—and better than anyone else. He speaks and lives more or less in generalities.

I took advantage of every opportunity to drink, regardless of moral or economic responsibilities. My one purpose in life was to drink. I have been sober for a few weeks longer than a year now, yet I am only one drink away from being back where I was when drunk.

Before I started to drink, I showed signs of an emotional condition which marked me as a potential alcoholic. Nobody recognized the signs and nobody helped me. Now I am spending a great deal of time counseling with high-school and college students, answering questions and pointing out problems. It may keep some of them from going the way I went. I work in connection with Community Church here and under its pastor, Rev. Roy Burkhart. Since November I have talked to 585 persons in 13 groups of college students and high-school juniors and seniors. Sixty-five per cent have asked questions which indicate a drinking problem in the immediate family. These are questions they do not ask of their family, their ministers or school advisers. They are reticent about the subject, yet they really are troubled by the questions. Many of them show personality traits which indicate they are going to become alcoholics if certain questions are not answered.

Many personality defects, as the unanswered questions indicate, are signs of failure of the school and church and,

especially, the home. Young people are not prepared to meet all the problems that come to them at high school age. The need for preparation will be even greater if universal military training should be enacted and boys sent into the army, with its strong drinking customs and the temptation to react against home restraints, before they are mature.

Counseling such as I do will help. It will answer some questions and give guidance, but it cannot possibly make up for what many a young person has missed during his formative years. The family, church and school must work together to make children able to face problems and decisions on their own. It must give them a fundamental honesty that will compel them to face life and not run away from it.

Co-operation to this end will go a long way toward solving the problem.

* * *

2—HERBERT C. MCKEE, *Student,*
Ohio State University

COLLEGE STUDENTS who do not drink usually abstain on account of moral reasons, or for scientific reasons, or from a combination of the two. Those who drink, do so, either because they feel they have to—they are the ones who become chronic alcoholics later—or they drink in response to social invitation or pressure, or for the experience of being drunk.

Very few become chronic alcoholics at college age. Most student drinking is in response to the pressure of a social group. Students want to be seen in the right places and with the right people; often the right place is a bar and the right person drinks. Drinking, in many instances, increases one's prestige in campus politics.

Drinking for the experience may be simply to see a side of life not revealed previously or to express independence from a home life in which drinking was forbidden or discouraged.

The school can teach the physiological effects of alcohol, but that alone is not effective. Students need that sense of spiritual and moral values that comes only from the church and the home. And if the right attitude is not provided by

the home for the youth before he becomes a student, the church is not likely to get a chance at him.

* * *

3—CLARENCE H. PATRICK, *Professor of Sociology*
Wake Forest College, Wake Forest, N. C.

AMONG my students I find a wide range of attitudes. One, a married veteran, would not give his child a medicine which he thought contained alcohol; another is the son of a bar owner. But whatever their background students do respect facts.

In approaching students, one must follow sound reasoning and base all positions taken on facts rather than emotions. To understand the problem of alcohol today we must examine it from a cultural point of view. Culture is our total system of behavior, and our resort to alcohol is a part of that behavior. The custom has approval in some classes because it is supposed to perform a useful function. It is necessary to re-define alcohol in the public mind, for many impressions and ideas associated with it are untrue. For example, whether it really is a stimulant or a narcotic; whether it really does anything worth while for the individual who uses it, or whether it costs him too much.

Yet man would not have used alcohol for thousands of years if it didn't do something, or seem to do something, for him.

But what it does is to modify his behavior, frequently to the extent of lowering his usefulness. That may have been endurable at one time, but in our society today we must be able to depend on each other. Interdependence is characteristic of our society and, complex as society is today, it cannot be otherwise.

The use of alcohol in any society produces a number of what have been called "problem drinkers." (I don't like that term, because a man can be a problem drinker after only two drinks.) What is meant, is that there are about 4,000,000 serious drinkers, inebriates, in the United States out of 40,000,000 to 50,000,000 who drink occasionally or more frequently. They constitute a most serious public problem in our modern American life and culture.

Purposes and Possibilities

Of the Forum-Conference

"A New Leadership in Education on Alcohol"

HARRY S. WARNER

A NEW Educational Leadership in connection with the Problem of Alcohol has been emerging in the United States in the past six or eight years. It is a leadership that has within it the possibility of a great advance—of resources that may well be added to the older, well-known movements that, from religious and reform inspiration and sources, have been seeking to help the drunkard and prevent the beginning of drunkenness.

This new leadership is coming from high educational sources and institutions—the highest in the country. It is led by educators and scientists in universities and colleges, and by associated medical and scientific men and agencies. Necessarily it is an approach that seeks, first, better understanding; that calls for and promotes objective study of the problem—the whole of the problem—its sources, its historical development, its present extent, its serious reality. And it does all this as a means of bringing to the public the most substantial foundation on which constructive advance and renewed building of programs of action may take place.

For the first time in America a positive part is being taken by educators and experts of university rank and in university atmosphere toward educating and leading public opinion into understanding and action regarding this problem. Almost for the first time since Benjamin Rush, medical authority and signer of the Declaration of Independence wrote his noted medical treatise against alcohol, "strong drink", a century and three-quarters ago, scientists are doing something more

From an address at the Forum—Conference, April 16, 1948. Harry S. Warner is General Secretary of the Intercollegiate Association for Study of the Alcohol Problem, and Editor of *The International Student*.

than reasearch—vital as that is and must always be—and the writing of technical books. Some of them, and in increasing numbers, are beginning to take action; to help popularize the available scientific information, get it to the public, and arouse the public to the seriousness of alcoholism and the alcohol problem. They are letting it be known that alcoholism is an illness, that it should be treated as such—and beginning such treatment to individuals and in the institutions of public health and welfare.

Some of the University Service

In 1943 came the first Summer School of Alcohol Studies at Yale University. It offered a substantial five-weeks course of graduate rank, on all scientific phases of the problem, for leaders—college and school educators, welfare-workers, ministers—specialists in aspects of the problem. It was an outstanding event; it marked the beginning of an epoch in study of the problem. The school has been repeated, with increasing interest and full-facility attendance each year since. It was followed at once by a series of "Little Yale Schools," one to three day conferences in various parts of the country with university sponsorship.

Other universities have begun similar activities: a three-day Institute at the University of Minnesota; one at the University of Michigan, held in Detroit; the unique Forum-Conference in 1945 at Ohio State University, sponsored by the State Board of Education, four departments of the State University—Sociology, Medicine, Education and Social Administration and the University Religious Council—in a program that specialized in Yale University experts; Johns Hopkins, with particular attention to a psychiatric approach; the University of Texas; a series of lectures at Roosevelt College, in downtown Chicago; one or more at the University of Chicago; and a course of several weeks at the University of Oregon.

State Supervision

Seven states now have sub-departments in their State Boards of Education, devoted to health and the alcohol problem, with full-time Directors in charge, to supervise state-

wide educational work in the schools. They are Ohio, Idaho, Mississippi, Florida, Montana, Utah and South Carolina. In each, material and teaching programs, designed for that state, in addition to the resources made available by the Yale School and other national sources, are provided and used widely; in each, the state supervisor and his associates speak constantly, conduct forums and conferences with teachers and parent-teacher groups, and directly with a vast number of student groups in the high and other schools.

Instruction in Colleges

Attention to the problem of beverage alcohol in the various courses in colleges, in which it naturally occurs, by instructors in Sociology, Biology, Psychology, Health, Economics, Government and other departments, has been increasing in the past few years. This is not only the normal, but also the most effective place for the subject in the college curriculum. These courses, directly and indirectly, give college students a background of recent knowledge that will aid them, as citizens and leaders in many fields, to take an intelligent and effective part in community efforts toward removal of alcoholism and further solution of the problem.

In addition special courses of instruction on the problem and the scientific information relating to it, have been given in twenty-eight to thirty colleges with college credit within the past few years—in some of the colleges continuously each year for ten years. Colleges for Teachers have been giving the subject a larger place in order to equip their students to respond to the increasing need of scientific teaching in the public schools. "The students take great interest in this subject," writes the professor in charge of the class in a Pacific Coast college, "and express themselves as to the great need of such a course." The course in this college has been given each year for nine years.

Extension Service

In addition to the direct teaching that is being given under university and college auspices, various high-grade institutes, summer schools and conferences are now being sponsored jointly with other educational agencies, such as the

Pennsylvania School of Alcohol Studies, now in its fourth year at Juniata College, Huntingdon; and the "New Approach to the Alcohol Problem," in its third year, this month at the University of Chicago; and our own FORUM-CONFERENCE here today and tomorrow.

For the first time, since the first temperance society was formed by a physician, a farmer, and a minister, 150 years ago, the movement that seeks to accomplish constructive service toward reduction of alcoholism and the solution of alcohol problems, finds itself supplemented today by the recognition, aid, substantial knowledge, scientific attitudes and influential leadership that come from great institutions of higher learning. It is just a beginning, to be sure; but it is a decided and promising beginning.

Types of Leadership

Four forms of high-standing educational leadership have now been developed and widely tested: (1) Instruction in regular college classes, usually and most naturally related to other subjects in the curriculum; (2) Highly specialized research and graduate schools for leaders, such as the Yale School represents; (3) One to five-day Conferences and Community Institutes in University centers and as a part of church, civic and other conventions; (4) Establishment of a Supervisor and Division in State Boards of Education for supervision of state programs of education on Alcohol and Health for the public schools of these states.

This new movement is clearly increasing—adding an educational dignity and scientific background, in school, college, community and nation, to instruction and discussion of the problem of alcohol in modern life. It is, perhaps, the most significant development in education in this field that has yet occurred.

Never before in this country—or any other—have those who seek a sound basis for solution of the beverage alcohol problem received such high cooperation from the leaders in college, university and state education as that which has been growing in recent years. The movement thus gains new dignity and recognition as one that is widely social, as well as humanly vital and imperative. A wider range of support to

constructive service may ultimately if not soon, be expected from public opinion as one result of this movement now begun. For "Alcohol," drunkenness, "the alcoholic sick man," and the sources of his condition in daily living are beginning to stand out as subjects that require the service of the best brains of the country, continued research, a renewed many-sided attack under highly qualified leaders. And the drink problem as a whole, thanks to the renewed recognition of its several basic sources, and the natural, healthy life as one that is free from alcoholic "illness"—from dependence on a drug for release from unhappiness, alcohol or any other—may now be undertaken with greater confidence of success than ever heretofore.

Education to Help Decision

The scientific information available is now abundant. But facts are not enough. If the new scientific understanding that alcoholism is an illness is correct, what should be the attitude of intelligent men and women toward that illness? That ill person? That emotionally disturbed—or starved—personality? Toward the home, community and any conditions that cause the growth of such personalities? Toward the pressures—social and economic—that initiate them to alcohol? That keep them drinking until they become alcoholic? The agencies that spread the ideas, conditions? The approvals that help mature the alcoholic? Gigantic new problems, these, that challenge for the future the keenest of the young minds—and the high experts—of our colleges, universities, all educational, welfare and health agencies—and the *socially conscious and responsible citizens*.

Sometimes an old truth may be stated in a new way—a way so new that the old truth itself seems to be new. Such, we trust, may be the meaning of this Conference.

The INTERNATIONAL STUDENT is a fine paper. I am proud to have it in my home.—A Baltimore, Md., lady, sending \$5.00 to have the paper sent to Maryland schools.

The Cult of Alcohol in Social Tradition

DR. CARL A. NISSEN

Professor of Sociology, Ohio State University

THE WORD CULT is usually used to refer to a set of religious rites and practices connected with worship. It may be used to refer to any set of practices or rites which are engaged in as a matter of compulsive custom. These customs come to us from previous generations hoary with age, and are revered, and often accepted without question. Many of the customs surrounding the beverage use of alcohol fit into this pattern.

Many aspects of our modern life accentuate and encourage drinking traditions. Society today is highly specialized. Masses of people no longer are able to see the whole of the task in which they are engaged; they perform but one single operation. In the Occupational Directory, there are listed 25,000 different jobs. In many industries there are many hundreds of jobs, the holders of which cannot readily exchange with each other. This specialization deprives the worker of many real satisfactions of creative activity. Jobs are so highly specialized that a single community offers few opportunities in a given skill. When a man changes jobs, usually he moves to another neighborhood. This has induced mobility, accompanied with the consequent sense of insecurity.

This mobility of jobs among residents in cities prevents many of them from having that spontaneous sociability that characterizes rural society. Most urban friendships are relatively new; they lack background of intimate knowledge of the friend's life and his family. Furthermore, specialization tends to put urban friendships on a professional basis. Dentists meet with dentists; engineers with other engineers; and so through the social scale. Social gatherings of this sort are little more than sparring matches. Each individual

Condensed from an address at the Forum—Conference, Columbus, Ohio, April 17.

tries to feel out the other—to learn about his business without revealing too much of his own.

Sociability a Basic Need

But sociability is a basic need. Unable to find it in easy, normal ways, or unwilling to take the time to do so, many people get it quickly with a highball. Reticence can be released and feeling of inferiority and guilt removed. It is a quick way to conviviality. For the majority who engage in what they call "social drinking," it is that, and it does not often go farther.

But five or six out of every 100 such drinkers sooner or later become recognizedly excessive drinkers, i.e., drunkards. Some of these, about 1 in 4 become alcoholics, completely enslaved by alcohol. Yet the other 3 out of every 4 excessive drinkers probably do much more damage to society than the alcoholics.

Social Status a Basic Fact

The effect of this specialization has not been limited to those working in mass-production industries. There is specialization in business employments, in the professions and in the learned occupations. The social customs of these people are not all alike. In fact they differ greatly from each other. These differences are usually explained in terms of the social class structure. All societies have been found to have social classes. In the United States it is usually recognized now that there are six of them: the Upper-Upper, Lower-Upper, Upper-Middle, Lower-Middle, Upper-Lower and Lower-Lower. People are said to belong to these classes in terms of their wealth, occupation, area of residence, and other characteristics.

Drinking by Classes

The *Upper-Upper* class is characterized by old wealth. The families have long standing in the community, several generations at least and are families of distinction. These people have a sense of security and confidence. East of Pittsburgh, perhaps 90 per cent of the *Upper-Uppers* drink. In the Middle West the percentage is lower, but on the West

Coast it is high again. Drinking in this class is accepted with nonchalance as a part of that way of life.

The *Lower-Upper* class consists largely of the *nouveau riche*—wealth without family standing. While the *Upper-Upper* class is interested in a comfortable religion, the *Lower-Upper* is inclined to use the church as a ladder to higher social standing. These people are inclined to be nervous and anxious. They drink a lot. They overemphasize the outer behavior of the *Upper-Upper* class in their imitation of that class. The two upper classes together probably make up less than three per cent of our society, but they are important because most social uses which begin there are imitated by the lower classes and thus filter down throughout our culture.

The *Upper-Middle* class, about 10 to 12 per cent of the population, is well fixed financially and lives a comfortable life. They are less active as social climbers than the *Lower-Uppers*. They take their religion more seriously. They are apt to recognize the authority of the moral injunctions of the church. They may or may not drink, but not as an effort to climb socially. Middle-class drinking is often a carry-over from old-country behavior patterns.

The *Lower-Middle* class is larger, about 25 to 28 per cent of the society. These people have less money than those higher up, but are respectable. They have no servants and do their own work. They recognize church mores and if religious, take their religion seriously. They are the major contributors to the clergy, to the ranks of social workers and to service professions. Their ambition is to obtain education and to contribute to society. The movement to make the world a better place to live in comes largely from the middle class.

The *Upper-Lower* class, with about 33 per cent, is the largest in our society. Its members are much like those of the lower middle class, but less responsive to social controls. They are not as confident in their sense of security for they know what the hard knocks are. Many of them have grown discouraged and quit trying to advance. They have struggled as hard as they think is reasonable without having been able to save much or get ahead; they are apt to feel, "What's the use?" Like the middle class, they try to become better off financially but do not place so much emphasis on ethical

thought and self-discipline as does the middle class. Members of this class may try to put into a few hours of recreation all the thrills of living. When their drinking becomes excessive their attitude seems to be: "How soon can we drink ourselves into oblivion?"

The *Lower-Lower* class, about 25 per cent, has given up the struggle for advancement—in some instances, generations ago. This beaten attitude is transmitted from one generation to the next. Occasionally, some are salvaged for a better life, but not more than one or two out of 100. The attitude of this class toward drink is often much like that of the *Upper-Lower*, though they are restrained by their poverty, and are unable to get the liquor to stay drunk for a long time.

The *Lower-Lower* do not value education. They do not drive their children to school, nor do they have regular meal times. They just eat off the top of the stove or out of cans. Their income level is very low, and they are not accustomed to save for the future.

Different Appeals Necessary

Since these are the characteristics of the people, much effort is wasted by treating the whole of society as though it were all middle class. Moral appeals and agitation for social betterment do not mean the same to the upper classes as to the middle classes. They will give money, but usually not with the same enthusiasm. The *Lower-Lower* class simply does not respond. There are occasional exceptions but the middle class interest in the betterment of the world simply is not found in the lower groups.

Each war seems to bring out the physical aspects of life, accentuating them over the spiritual and moral forces. Drinking, a physical type of behavior always increases in war-time. In some respects, we seem now to be out of World War II, but the war-time extension of drinking still seems to be going on.

To one who drinks, the disapproval of others does not make much sense. He cannot understand why it makes any difference to other persons.

But you cannot rear a child these days without an interest in the rearing of his play-mates, and this soon extends to the

whole community. If you are going to rear a community, you had better look into drinking-habits. Then, you must understand the complexity of society. Remember that if a person sees people above him socially doing anything, he tends to do it also; this is the style-phenomenon. All of these factors must be considered if the drinking-habits of a community are to be changed.

Answers to Questions:

Social changes may be retarded or they may be accentuated somewhat by education. To retard the spread of drinking-patterns, I recommend getting the facts and repeating them over and over, just as advertising men or politicians do. Present the real scientific facts, but clinch argument with ridicule. The argument is won at the emotional level.

The facts of alcohol are the same for all—rich or poor, white, Negro or halfbreed—but presentation of the facts will have to fit the mental organization of the person in question. As indicated above, lower classes will not respond in the same way as the middle classes, so the approach must be varied to fit the attitudes and understanding of each.

OHIO FORUM-CONFERENCE

(Continued from page 164)

Three group conferences gave intense application to the practical and special problems of each group: "The Public School," under the leadership of Howard E. Hamlin, Supervisor of Health and Narcotics Instruction in the State Department of Education of Ohio, was composed of high school principals and teachers. The group of college students, under the lead of Richard Richards, College Secretary of the Ohio Y.M.C.A., went directly into their situation, "College Students Face the Problem" as they meet it on and about the campus. The College Faculty group, cooperating with Dean King, leader, reported a keen and critical period with constructive results. The Church and Youth Leaders group gave attention under the leadership of Richard Bell, to the need for more and better education on the problem among the youth of the church, and to the use of recent scientific information as teaching material. Mr. Bell is Director of Chris-

tian Education, First Community Church, Columbus.

In his closing address, Dr. Haven Emerson, speaking on "Leadership and Responsibility in Scientific Education on the Alcohol Problem of Today," made it clear that education could do much; that the latest scientific information should be used. But, also, that knowledge about alcohol is not enough—that education includes the acquiring of a sense of social responsibility; that intelligent citizens must use their educated abilities of change the popular attitudes regarding alcohol to those that are more scientifically sound; and that the disorders and miseries traced to alcohol and alcoholism may be replaced by the normal, healthful, non-alcoholic ways of living.

Teacher's Use of Alcohol Study Material

E. M. JELLINEK, D.Sc.

VERY FEW TEACHERS recognize that there is an alcohol problem. If they could be convinced that there is a problem, and their interest aroused, they might be expected to teach about it. This can be brought about by bringing their attention to a scientific monograph, written in simple language, that *shows how social problems hang together*; let them see the physiological, psychological, medical, ethical, and all other elements of the problem as a whole. This material they should themselves process before bringing it to their pupils, and not in a separate course on alcohol but in connection with the subject in which it comes quite naturally—biology, civics, social science, wherever it fits. But education in the schools will not be sufficient alone. Education of society at large is also required.

From an address on "The Utilization of Material in Educational Programs," by Dr. E. M. Jellinek, D.Sc., Director, Yale Summer School of Alcohol Studies.

The Role of Public School Education on Alcohol

DR. FRED C. SLAGER

Principal, Central High-School, Columbus

FOR YEARS the public schools have been giving instruction on alcohol and its effects on the human body. Here in Ohio, for example, we have had a special day once each year since 1888. But it was found that one day is not enough to teach this subject. Consequently, early in 1938 there was established, within the State Department of Education, a department of Narcotics and Health Education. This department has functioned well and is doing a great work today under Howard E. Hamlin, Supervisor.

On education in the schools on Alcohol three phases are necessary: to stress the facts of liquor in history, to study the scientific information regarding its effect on man, and to encourage a social and recreational program which will establish a socially approved non-alcoholic pattern of life.

Education in general aims to create attitudes, to overcome prejudices and to develop motives for right conduct. Education on Alcohol should do the same. The levels of teaching *are giving information, interesting students to the point of inquiry and inspiration.* The great need in education on alcohol today is for leadership and teaching which will inspire.

Education with respect to alcohol should stress the glories of normal, healthful living, the advantages of freedom from narcotic habits and the fact that liquor in any amount weakens the body, dulls and slows responses. The teaching should emphasize total abstinence.

We cannot compromise and temporize in the matter of temperance. If we concede that temperance rather than abstinence is the goal, we have lost the battle. We must show

This article is a digest from notes of the address by Dr. Fred C. Slager at the Forum Conference of college students, professors and high-school teachers and officials at Columbus, Ohio, April 17, 1948. Dr. Slager was one of the Columbus leaders who initiated and brought into effect the plan that provides a full-time Supervisor of education on the alcohol problem for the state. Ohio was one of the first to adopt this plan which is now functioning in seven states.

the individual such a thrilling non-alcoholic way of life that he will choose it, rather than the drinking life.

A negative approach is sure to be ineffective. The most effective teaching can be done in the science-classroom, where there is a natural interest. That is better than teaching through the assembly or any other program where alcohol does not fit into the total pattern of what is being done. Scientific teaching should stress the temporary functional changes in the brain and nervous system rather than permanent damage to the body, for the latter cannot be proved conclusively. There are too many exceptions.

Along with the teaching of scientific facts, there should be field work, such as interviews with physicians, police, Alcoholics Anonymous and others directly concerned. To develop the non-alcoholic way of life in the individual, there should be hobbies and recreation, sports and music, to absorb the interest of young people.

A Public Health Approach To the Alcohol Problem

DR. HAVEN EMERSON, *Former Commissioner
of Health, New York City*

PUBLIC HEALTH Services consist of the application of preventive medicine through government for social ends.

Care of the sick—individual and medical care by institutions and agencies—is not a necessary part of public health. The main functions of public health departments of local communities and of the states are first, the prevention of the preventable diseases and second, the development and promotion of healthy ways of living.

To accomplish these ends the department has two chief resources, first the authority of public health or sanitary law and, second the power of education. The law gives no

Condensed from notes of an address at the Forum—Conference of college students, college, high school and church educators, Columbus, Ohio, April 16, 1948.

authority to a health department to compel people to eat or drink what is good for them, or to refrain from using what the medical sciences know to be lacking in benefit or to be actually harmful in food and drink. What we swallow is a matter chiefly of habit and personal preference. Among the dozen or so classes of known preventable diseases are those resulting from the use of habit-forming drugs.

It is known through the verdict of vital statistics that alcoholic beverages, as generally used in the United States, cause a very considerable number of deaths, a very large amount of illness and mental and bodily damage; they contribute to the seriousness and duration of many medical and surgical conditions of severity. Alcohol is a depressant, narcotic drug; it is the cause of preventable deaths and disease that are more definitely within the power of the individual to prevent than is the case with regard to any other preventable disease.

Local and state health departments have the source-material. The facts in their records of vital statistics, their laboratories and among their professional staffs are sufficient to provide the basis of general public education as to the disadvantages of alcohol to life, to conduct, to social relations, to employment and to the expectancy and probable duration of life. These facts they can apply through the usual channels of public or official and voluntary health education.

If the people, and especially the children and youth of our communities, are taught about alcohol, they can be trusted, in large measure, to follow the information received from health officers, nurses and other agents of health organizations, and to conduct themselves accordingly.

It is desirable in the public interest that health departments be called upon by citizen groups to perform their standard functions in respect to the prevention of death and disease from habit-forming narcotic drugs, especially from beverage alcohol, as they do with respect to other kinds and causes of preventable conditions affecting human life.

Alcoholism, acute and chronic, alcohol addiction, so-called problem drinking, constitute a large and costly public-health problem, properly to be included in the routine interests of official and voluntary health agencies.

Application of Preventive Medicine to Alcoholism

L. W. HASKINS

Student, Gonzaga University

BEFORE A MALADY or an evil can be prevented, of course, it must first be known what its causes are.

The problem of alcoholism comes about as the result of many varied and complex factors, none of which can be said to be the most contributing one in all cases. Probably dissatisfaction, frustration or general maladjustment in the individual can be found in most cases to be the underlying cause of a resort to intoxicants, either to a mild or greater degree.

In the attempt to get at the root of the cause or causes of alcoholism, we must discover the reason for these frustrations, those voids which exist in the individual's life. We must understand that they *do* exist and then attempt to find a solution.

First of all, healthy, well-balanced and educated people should be little drawn to alcohol during times of conflict or disharmony. It is they who have either the intelligence or the fortitude to face their problems with a definite solution in mind. Those others, however, are incapable, through ignorance or cowardice, of combatting the "thousand natural shocks that flesh is heir to." They, where others find solace or solution in the real world take refuge in the unreal world in which they find temporary peace during their times of intoxication. In short, they are those who are not prepared for adult life. What, then, can be the reason for this condition?

L. W. Haskins is a student at Gonzaga University, Spokane, Washington. His editorial is winner of the \$10.00 *International Student* award for May in the 1947-48 Guest Editorial Contest.

Discovering this, what can be done toward combatting it? This becomes our very weighty and complicated problem.

Probably the greatest single and direct factor going about to produce an incomplete individual is early home environment. Unless the child is given the proper love, counsel and guidance in its formative years, it is going to be lacking some needed quality in later life. When he reaches, in this later life, for a solution to a particularly distressing problem and finds that he is not prepared to cope with it adequately, he takes the only course left to him—flight. This flight, as we know, only too often is toward alcohol, the most easily obtainable and efficient escape vehicle.

Now, since it is difficult if not impossible to change early home environment in all cases, our only recourse is the school training. It can be hoped that through a comprehensive education program, we may be able to turn out persons better suited to the adult world. This program would have to start early and follow all the way through both public and private schools. It would have to embrace instruction in marriage, morals, vocation, ideals and good-living principles. And these points would have to be stressed and re-stressed until the pupil would see the wisdom of it. Along with this there would have to be a campaign against radio, motion picture and advertising in order that our efforts would not be hamstrung. Drunkenness, initially, would have to be looked upon not as an accepted vice but as an object of pity and stupidity.

The problem is gravely complex and the roots to be upturned are many and solid. But the start of the solution is not in an appeal to those already fallen, but in proper guidance and example to the younger generation.

The College of the Pacific, Stockton, Calif., has been offering a course of study on the Problems of Alcohol, for the past two years, taught by Professor John H. Jonte, in the fall and the summer sessions, to "a large and enthusiastic class." The course includes "A study of Alcohol and alcoholic beverages, metabolism of alcohol, physiological and psychological effects of alcohol, and problems arising from its use." Dr. Jonte attended the Yale School of Alcohol Studies in the summer of 1945.

Meet the People Through Advertising

HARRIET ALLER,
Yakima High School Student

ADVERTISING is the right arm, so to speak, of a business. Without advertising the products that the manufacturer produces would not be sold. In order to make the industry live it is necessary to sell as well as to produce efficiently and economically. Therefore, advertising becomes an important branch in any industry.

The plan and purpose of advertising is to make millions of people conscious of a product, for as soon as a product is known to an individual he becomes a potential customer. Many methods, old and new, direct or indirect, are employed. Then begins the creation of the desire for one to become a consumer. Soon these products find their way to the hands of millions. It is a long and expensive process, but it does bring results.

Liquor concerns now spend \$100,000,000 each year on advertising. The tendency is to increase that amount every year. . . . One can readily see that liquor ads will become more plentiful if it keeps increasing at the present rate. The Time, Inc. which publishes *Life* and *Time*, both weeklies, and *Fortune*, a monthly, received \$8,000,000 net proceeds from liquor ads in 1946. Following is the 1946 report:

Life: 422 liquor advertisements	355 3/4 pages
Time: 491 liquor advertisements	320 1/6 pages
Fortune: 224 liquor advertisements	134 1/2 pages

In a total space of Life's 52 issues the liquor advertisements covered 5 1/3 per cent. This space alone would make 2 3/4 complete issues of Life.

The radio emphasizes, especially in the summer, the need to sit down to a tall, cool glass of beer; or "Remember Earl Petri took time to bring you good wine. So read many of these ads making an appeal to the American public to try a

This paper received Third Prize in The Roberts Memorial Contest, Jan. 18, 1948; Yakima High School, Yakima, Washington.

glass. The radio is now trying something new in advertising through the use of television. You will probably hear more about it in the near future.

Fifty per cent of the movies so many of us go to for entertainment, leisure, or recreation show and glorify drinking in their scenes. Movies are supposed to be one of the great mediums of education and play an important part in influencing their public especially the teen-agers, but yet they show people indulging in alcoholic beverages.

Liquor concerns have bought every available space along the roadsides to put up billboards. Not only does this keep us aware of alcohol at all times, but these blots on the landscape mar our view of once beautiful scenery and cause accidents.

The sad thing about liquor ads is that they're trying to get the younger set to drink. It's smart. It's new. Often there advertisements read, "For the ten million younger men who have never tasted a great glass of beer." Which are our youth supposed to follow, the teachings of the schools and church, or the movies, radios or those eye-appealing pictures in magazines?

The advertising men use as a general rule these following eight supposedly high concepts:

1. The glory of first things—sunrise, roosters crowing at dawn.
2. Beauty—glorious scenes, gorgeous girls, beautiful flowers.
3. Health and vigor—leaping horses, dogs on the hunt, the great outdoors.
4. Intelligence, judgment, discrimination, people of distinction.
5. Art—the great organist at the console, sensitive fingers spread to enthrall.
6. The appeal to home life.
7. Good Will—even the story of Bethlehem.
8. Human interest.

You have seen many examples of the above.

But do liquor concerns dare picture those other constant

associates of drink—squalid saloons, filthy gutters, ugly slums, uncontrolled appetite, crime, vice, broken homes, neglected children, poor health, suicides, sudden accidental death and people who might have been distinguished, but now have wrecked lives?

They do not! They know that alcohol is one of the most expensive and destroying factors in our social relationship. They know it breaks homes. They know women who stand with one spiked heel on the rail and a wobbly elbow on the bar should be home doing their respective duties as wives and mothers. They know it is harmful. Therefore, advertisements are clothed in just plain lies. They try to sanction it socially and otherwise.

Liquor operators admit that liquor is harmful and they even advise those who sell in liquor stores to "keep away from the bottle; above all, keep a clear head. You're selling liquor; not drinking it. A befuddled salesman in a liquor store, is one of our worst liquor ads. Never forget it!"

Startling facts prove that every twentieth person who drinks is doomed to become an alcoholic. Out of our high-school I would say that there are 600 potential drinkers. That would mean that thirty of you would become alcoholics. Who wants to live with an alcoholic? No one does. They are the world's poorest excuse of humanity. Every twentieth ad should tell the truth to prevent this twentieth person from becoming an addict.

In Minnesota a certain church has bought all the liquor ad space in a daily paper for a period of three years to print the truth about alcohol. Already the consumption of liquor has gone down considerably and moral standards have risen.

The way to stop teen-agers from drinking and smoking, and prevent a great deal of our juvenile delinquency, is to stop the advertising of these products over the radios in newspapers, on billboards, on streetcars, in movies and wherever people will see it.

Many ads as I have mentioned before use the beauty of the outdoors, especially a starlit, full moonlight night, to sell their moonshine. Remember, our Supreme Being, God, made the only moonshine fit for man's use.

It's about time we did something about this devouring liquor advertising and publish the real consequences.

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SCHOOL FOR DELINQUENT PARENTS

"Ninety days in jail—or to school and learn how to be a decent parent," is a sentence imposed on parents brought into his court, by Judge George T. Martin, at Dearborn, Mich., for neglect of their children. This "School for Delinquent Parents," opened in his courtroom a year and a half ago, is for those who, with war-time pay envelopes, toured the beer taverns and dance halls while their children went uncared for; the drunks, the brawlers, whose victims are their own children.

The first half-hour of the school is given to talks on home and family living, family health, child health, psychology, child guidance and problems of youth—by experts in these fields; the second, to discussion and immediate questions. No parent who has completed the course has ever been brought back into court on similar charges.—From Columbus Citizen, April 13, '46.

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THE
INTERNATIONAL

OCTOBER,
1948

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

COLLEGE STUDENT
EDITORIALS: on

"Applying Preventive
Medicine to Alcoholism."

NEW YORK UNIVERSITY
WASHINGTON SQUARE, N.Y., N.Y.



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THE INTERNATIONAL STUDENT

OCTOBER, 1948

Vol. 46, No. 1

HARRY S. WARNER, *Editor*

College Students Write

On "Preventive Health Service" Applied to Alcoholism

IN RECENT years Alcoholism has begun to stand out as a problem of Public Health, one of the gravest of all health problems of today. High experts class it with tuberculosis, cancer—other great killers—as one of the most extensive and degrading to human personality.

It is recognized that treatment of alcoholism, care of the alcoholic, his rehabilitation, in large part, require the service of a specialist—the doctor, the psychiatrist, the A.A., an officer of the Salvation Army. A remarkable service is being rendered by these specialists to this sick man.

But in Public Health, today, sanitation, health education, the building of resistance, the identification and reduction of sources, control of distributing agents and quarantine are receiving increasing attention. "Preventive Medicine" is not a new approach in public health. But applied to Alcoholism and the problems of Alcohol, *it has new meaning.*

For the social problem of Alcoholism is one of the gravest, most perplexing, most complicated, in modern social living, in this or any other drinking society.

Sturdy, research, writing by college students on this new-old approach, is therefore basically constructive, positive and scientifically up-to-date.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April and May.

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Students Express Themselves

On the Alcohol Problem

By EDWIN H. MAYNARD,
Contest Secretary

IN THIS issue The Intercollegiate Association for Study of the Alcohol Problem and The INTERNATIONAL STUDENT present the winners of the 1947-1948 College Student Editorial Contest with extended excerpts of what they have to say about "*Applying Preventive Medicine to Alcoholism*."

These winning student writers represent many colleges and universities, widely scattered over the United States and Canada. They have won high honors after careful sifting by judges of highest ability from entries received from undergraduates in the colleges of the two countries.

The judges, all eminently qualified in their fields, were: Dr. Joy Elmer Morgan, editor of *The Journal of the National Education Association*, Washington, D.C.; Dr. Haven Emerson, for 25 years professor of Public Health in the medical school of Columbia University, New York, and author of the authoritative "Alcohol and Man"; and Melvin L. Shepherd, former Oklahoma City newspaperman, now managing editor of the *Santa Fe Magazine*, Chicago.

The prizes, generously offered by Logan Hall Roberts, attorney, Yakima, Washington, are from a long-standing friend of The Intercollegiate Association, himself a former college secretary who wants to encourage students to study, think and write on the Alcohol problem of today.

The contest of 1947-1948 is the second in a continuing series, following one on "Outgrowing Alcoholic Culture," a year ago, that was won by Franklin Parker, Berea College, Berea, Kentucky; second honors by Verne E. Edwards, Jr., State Teachers' College, Platteville, Wis., and John E. Swords, Cornell College, Iowa.

The purpose of these contests is to encourage independ-

ent research and study on the part of college students. Naturally, not all students will agree in their conclusions. Each evaluates the facts in the light of his experience and training, and the variety of conclusions in the winning entries reflects a desirable independence in the work of the contestants. The directors of the contest insist, however, that opinions must be based upon accurate scientific facts—not half-truths or wishful thinking.

The editorials this year have explored a frontier of thinking—the application of preventive care of physical and mental health to alcoholism. The student contestants bring many challenging facts into their editorials and a variety of conclusions which are worthy of serious study.

Contest Awards 1947-48

First Prize, \$200

"Alcoholism Can Be Prevented," JOHN WALDMAN, New York, N.Y.; New York University '49, Bronze Star Medal, World War II.

Second Prizes, \$50 Each

"Accentuate the Positive," EDITH B. FRISKE, Davenport, Iowa; freshman, Augustana College, Rock Island, Ill.

"Mental Hygiene as Prevention for Alcoholism," COY ELIZABETH PAYNE, Council Bluffs, Iowa; senior, Lindenwood College, Saint Charles, Missouri.

Ten Prizes, \$20 Each

"Cinderella of Medicine," SAMUEL CAMPBELL, Toronto, Ontario; senior, Shaw Business College, Toronto, Can.

"Better Fences," VERGIE E. GILLESPIE, Rainelle, West Virginia; sophomore, Alderson-Broadbudd College, Phillipi, West Virginia. (Winner of a \$20 prize in 1946-47 contest.)

"Striking at the Source," C. PATRICK KING, Bonners Ferry, Idaho; senior, University of Idaho, Moscow.

"Prescription for Prevention," BRUCE F. ANDREAS, Cleveland Heights, Ohio; junior, Heidelberg College, Tiffin, Ohio.

"Education—Our Only Hope," ALICE REYNOLDS, Charlotte, North Carolina; student, Queens College, Charlotte, N. C.

"The Teacher and Alcohol Education," KATHRYN HALES, Salisbury, Maryland; sophomore, Salisbury State Teachers College, Md.



(Jean Sardou Studio)
EDITH B. FRISKE (Mrs. Leo P.)
A Second Prize Writer



(Townsend Studio)
COY ELIZABETH PAYNE
A Second Prize Writer

"Preventing Alcoholism Through Knowledge of Its Harmful Effects," SARA BAUGHN, Charlotte, North Carolina; student, Queens College, Charlotte.

"A Nurse Looks at the Problem of Alcoholism," MARIA L. SWORDS, Gallupville, N. Y.; student, Vanderbilt University School of Nursing, Nashville, Tenn.

"Ways and Means," SARA MEDLIN, Orlando, Florida; student, Queens College, Charlotte, North Carolina.

"Liquor Propaganda As It Affects the Youth of Today," GEORGE E. DENMAN, Boise, Idaho; senior, University of Idaho, Moscow.

Honorable Mention

"Spirit Control," GEORGE LANKO, Chicago, Illinois; student, Northwestern University, Chicago, Ill., campus.

"The Seed of Alcoholism," HARRY T. HOWARD, Ahsahka, Idaho; junior, University of Idaho, Moscow.

"The Modern Judas," IVAN M. HOLLINSHEAD, Albion, Michigan; senior, Ohio Wesleyan University, Delaware, Ohio.

"Don't Be a Dodo," RICHARD RICHARD, Spokane, Washington; student, Gonzaga University, Spokane, Wash.

"Applying Preventive Medicine to Alcoholism," DONALD V. L. KELLY, Westmoreland, New York; sophomore, Syracuse University, Syracuse, New York.

"Alcohol—Deglamorized Drug," JOYCE HANSON, Moscow,

Idaho; student, University of Idaho, Moscow.

"*Preventive Housecleaning*," DOROTHY RAAB, Portland, Oregon; junior, Marylhurst College, Marylhurst, Oregon.

"*Comes the Moment to Decide*," MARTHA HARRISON, Black Mountain, North Carolina; student, Queens College, Charlotte, North Carolina.

Accentuate the Positive

By EDITH B. FRISKE,
Augustana College, Rock Island, Ill.

YESTERDAY, I sat idly turning the pages of a magazine popular with businessmen. The radio was playing, the song an accompaniment to my thoughts. Suddenly both eyes and ears focused in attention. The page I had been looking at so inattentively was a full-page advertisement dedicated not only to the sale of a product but to the propagation of a social doctrine—to the proposition that life never has been, never can be rich, warm, generous, hospitable until it has been refracted through the medium of alcohol. At the same moment, a phrase of the song commanded my attention: "Accentuate the positive—eliminate the negative—don't mess with Mr. In-between."

Accentuate the positive! No better slogan could be adopted in the war on alcoholism. Positive counterpropaganda in the field of advertising would be one kind of effective preventive medicine. How interesting it would be to turn loose a truthful gremlin (or whatever sprite, nixie, kobold it is that inhabits printing presses) before the liquor "ads" go to press. Instead of radiant flowers, our gremlin would draw in the more appropriate skull with its crossed bones and its grim warning: POISON to the higher nerve centers of the cerebral cortex! He would feel morally obligated to inform the prospective customer: Eight to

NOTE: On account of limitation of space, it is impossible, in a single number of the INTERNATIONAL STUDENT, to publish these student editorials in full; they average 800 words each in length. In selecting excerpts, paragraphs that (a) most closely reflect the basic theme of the contest and (b) the writing of the author are here being published.

—Editor.



JOHN WALDMAN
First Prize Writer



EDWIN H. MAYNARD
Contest Secretary

nine milligrams of this product to each cubic centimeter of your blood will result in your death. Handle with caution. Our gremlin would replace the euphemistic brand names with the simple label, "Ethyl Alcohol." Instead of referring to the product as a "symbol of old-fashioned hospitality"—gremlin would state frankly that it is an anaesthetic depressant. The "smart brandy-and-soda" would become a "stupefying brandy-and-soda"; the "wee bit o'Scotland in a glass" would become the "most defective and the most expensive food that can be purchased."

Our slogan, *Accentuate the Positive*, must carry us into other fields as well. Positive public health and recreational programs and funds for research are all "preventive medicine." Such eminent physiologists as Dr. Anton J. Carlson are seeking the answer to the problem of alcoholism in the field of nutritional deficiency or disorders of metabolism. No "specific" cure has yet been discovered. But it is obvious that the longer an individual allows a proportion of his food calories to be furnished by a vitamin-less, mineral-deficient substitute, the more undernourished, the less physically fit he will become.

Above all, however, we must *Accentuate the Positive* in

(Continued on page 16)

Mental Hygiene As Prevention

By COY ELIZABETH PAYNE
Lindenwood College, Saint Charles, Mo.

HOW CAN alcoholism be prevented? Is there any medicine that can help? The words *preventive medicine* bring to many of us pictures of a doctor with a needle in his hand, of a long line of timid school children filing slowly into a Red Cross booth, or of the round scars on our arms—badges of protection against smallpox. We should think just as quickly of a teacher before her class, for under the heading "Preventive Medicine" falls mental hygiene, the educational movement which inoculates us against many diseases of the mind. Mental hygiene is a phase of preventive medicine which can be applied to alcoholism.

Alcoholism is defined as "a diseased condition resulting from excessive use of alcoholic liquors." The chronic alcoholic, already a victim of the disease, is a familiar, pathetic sight to everyone.

There are two types of drinkers, however, who are not yet alcoholics. The first is the drinker who can quit if he wishes. He drinks only in the course of business or social routine. He may take a drink with his opponents after a game of golf, or a cocktail with business associates before discussing some business transaction. This man has no inner need of alcohol; he does not "have" to take a drink. The second is the drinker who is in danger of becoming an alcoholic. He is probably a business and social drinker who is letting the alcohol become too important. If rain spoils his golf he misses, not the game, but the pleasant nineteenth hole.

The person who "has" to have a drink does not actually crave alcohol. His subconscious need is to escape reality, and alcohol is often the easiest way. The desire to escape arises in childhood and may never be recognized by the adult. A child may inherit a delicate, high-strung nervous system, but this alone cannot cause an alcoholic. He may have a strong predisposition, and in the wrong environment may become an alcoholic. For example, look at Jimmy, an intelligent, but high-strung child. Jim's doting

mother makes his decisions, meets his problems, and protects him from everything. When he leaves home he will probably be a failure because he will not face problems alone. Jim is a potential alcoholic. Another child is ignored altogether. She has no conception of parental love. It is true she receives presents at Christmas, and cookies at school or camp, but she lacks someone with whom she can talk about her childish problems. The girl feels unwanted, and that feeling can easily become a habit with her. She may try drinking to keep up with the crowd and find her first pleasant companions among drinkers. Such a girl will keep on drinking. In grade school, then, comes the real failure of many adults who drink heavily and are called failures because they have not learned how important it is to face reality.

A sound educational program for mental health must include three groups: children, parents, and teachers. To get the program into practice we must begin with teachers and parents.

A strong course in mental health should be required of every college student planning to teach. Such a course should prepare each teacher to present a good case for mental as well as physical health. But, above all, it should train teachers to spot children who are not solving their problems easily. These children should receive special aid to fit their particular needs.

College students should have at least one general course in mental health since all of them may be parents. This course should deal with child psychology and with methods of teaching children adjustment techniques.

If such a program were started, then a permanent plan could be put into practice. A child in the fourth or fifth grade would hear that there are good and bad ways to meet problems. He would study them all and learn why it is important to choose the right methods. Then as this child goes into adolescence he would have the principles of mental health in mind. From the seventh grade through high school he should be practicing and testing them. When he starts to choose a way that might weaken him an alert teacher or parent should be able to make suggestions and guide him.

A Nurse Looks at the Problem

By MARIA L. SWORDS,
Vanderbilt School of Nursing, Nashville, Tenn.

A NURSE COMES into very close contact with people. Often she encounters behind the drawn and emaciated faces of physical illness a story of tragedy and terror, which undoubtedly, through its long duration, has contributed to the present physical illness. The patient seems to be at the end of her strength. She cannot bear the burden any longer. She must talk to someone. The nurse, then, seems to be the person who is often sought with the hope that she would understand. A large percentage of such stories contain at the core the horror of alcoholism.

Why is this problem still so acute today, after centuries of development and culture, of complicated scientific inventions and discoveries—after decades of practice of modern preventive medicine and public health services? One answer to this is:

“Alcohol enjoys a positive social acceptance that morphine, for instance, does not. Not only is alcohol accepted, but the dominant cultural pattern even tends to encourage its use. It is the product of a great industry with millions of dollars to spend in promoting its use and fighting attempts to curb its sale.” (*The Bulletin*, Research Council on Problems of Alcohol, Nov. 1944.)

Another answer lies in the fact that for a long time only ministers and church workers felt responsible for this kind of social work. Why, asks the nurse again, has not medicine attacked the problem long ago? Because the conception that the alcoholic is a sick person, has only grown recently. But blessed is the day, when medicine lined this sickness into the ranks of dreadful enemies to humanity and began working on its prevention and cure; for there are possibilities for both.

“Three lines of approach are necessary.

1. Restore the alcoholic
2. Curtail the number of liquor outlets

3. Educate youth in respect to what alcohol is and what it does."

"Restore the alcoholic" includes an enormous task, covers much ground in different fields, and requires much wisdom and knowledge. Since we now consider alcoholism an illness that can be cured just like any other illness, through the doctor, the hospital and adequate treatment, we also have to approach it in the same way.

Whenever a patient comes to the hospital with a physical ailment, the first thing the medical student or intern does, is to obtain the patient's past history about his illness. This procedure leads, together with careful study of the symptoms, to the diagnosis. Applying this procedure to the alcoholic sick—something that appeals to the heart and mind of a nurse—is only very logical. There is only one difference. We do not need many tests and blood cultures in order to find the physical diagnosis, which at any rate is the less important factor. But the history and the facts that lead us to trace the illness back to its beginning and causes, will be helpful parts of the treatment. Treatment of alcoholism of today emphasizes the psychological and psychiatric aspects; for the central nervous system, and with it the emotional and moral life of a person are primarily affected by the use of alcohol, while physical manifestations usually show themselves only in far advanced and chronic cases.

The mortality rate of several of the deadly diseases has decreased through preventive measures of doctors, public health nurses, and the institutions of full time public health services. What about the preventive measures of the alcoholic problem? Yet, voices like the following become louder and begin to obtain recognition by professional medical men.

"The mature alcoholic is really sick, mentally and emotionally, often physically as well. The alcoholic came to depend on the drug alcohol to give him release, ease, escape, that normal living should and does give to others in healthful ways. His desires are centered in alcohol, in its effects on his mind and nerves."

Medicine has also made some advancement in the question of cure. In the book *Alcohol, One Man's Meat*, the

authors, Drs. Edward A. Strecker and Francis T. Chambers, Jr. make the statement, "we want the patient to climb to higher and more mature emotional levels." The conception that the alcoholic is not a grown up man, is the basis and starting point of the treatment. If the patient is cooperative, he will, step by step, seek higher and still higher planes of maturity, and he will find, with a new technique of facing reality, that these planes are not the dreaded ordeals of his imagination, but levels on which a poised, calm state of mind can be enjoyed without conflict.

Yet, while medicine is finding ways of treatment and cure, we must not overlook that prevention is by far better than cure. To develop proper attitudes in society toward the problem in young people is the task of wise educators who are able to convey their convictions in successful ways.

The Seed of Alcoholism

By HARRY T. HOWARD,
University of Idaho, Moscow, Idaho

IN THIS MODERN age, the desire for social approval is becoming one of man's strongest psychological drives. It is this drive that is making less and less an individual and more and more just a part of the dizzy whirl of the world around him. He no longer does what he thinks best, but acts in a manner which he believes will best meet the approval of society. If he goes against the customs of his social circle, he is immediately tabbed as an outcast; he is associated with a "holier-than-thou" attitude, and his friends are lost to him.

Out of this dizzy whirl has developed a great problem—alcoholism. The number of chronic alcoholics, or compulsive drinkers in the United States, has climbed to 750,000, representing an increase of nearly twenty-eight per cent since 1930. More than 850 of every 100,000 people drink because they can't help themselves.

No problem drinker ever stopped unless he wanted to.

It is on this basis that psychiatrists are basing their work. The aim of treatment must be directed primarily to altering the psychology of the individual, to getting at the quirks of his particular personality, and to rubbing out the desire to drink by discovery of these quirks and re-conditioning of the patient.

Yet, they are dealing here with cures and not preventives. To prevent alcoholism, we must get at the seed of the problem before it has had a chance to take root.

This seed is in the supposedly harmless moderate social drinking that is a springboard for alcoholics. Probably only a minority of the 50,000,000 social drinkers of today will succeed in maintaining what they define at the beginning as moderation. According to case records, a large portion of the excessive drinkers and alcoholics were for years controlled social drinkers.

Alcoholism Can Be Prevented

By JOHN WALDMAN
New York University, New York

SUPPOSE A DEADLY plague threatened the nation. Eminent scientists would be hastily summoned to the capital for conference. The President would address warnings to the people over coast-to-coast radio networks. Broad governmental emergency powers would be invoked to check the spread of the infection. Educational information about the plague and the preventive steps to be taken would be transmitted far and wide.

Drastic measures, strictly enforced, would thus forestall a major physical, social and economic tragedy. The plague would soon be brought under control and eventually wiped out.

Even if the threat were as familiar a disease as smallpox, national emergency action would be taken. Such action in fact was taken on a smaller scale during the 1947 smallpox scare in Greater New York.

Yet, another familiar disease which threatens over one quarter of the population, is highly communicable in a social sense, causes widespread misery, and is often deadly, remains almost completely ignored.

This disease is alcoholism.

"Two million Americans are chronic alcoholics," says Prof. Seldon Bacon, chairman of the Board for the Study, Care and Treatment of Inebriates, State of Connecticut. Furthermore, there are 50,000,000 who "indulge in alcoholic beverages". These may be classified as potential alcoholics.

Though there are still some medical authorities who insist on qualifying the fact that alcoholism is an individual "disease," none of them will deny either its extent or its seriousness.

On the basis of numbers alone, a state of emergency should be proclaimed nationally, just as it would be proclaimed for a pestilence, flood, famine or war.

Once the state of emergency is in force, two decisive steps should be taken:

1. Government seizure and control of the industry which manufactures, distributes and sells alcoholic beverages.
2. Intensive educational campaigns for the prevention of alcoholism; therapeutic treatment and rehabilitation for present victims.

No matter how well conceived, a public health program of prevention will not succeed in wiping out alcoholism unless there is absolute control of the source. This was found to be true in the case of morphine, opium and other drugs, and alcohol is actually a drug in various palatable liquid forms. The alcohol-drug industry can be regulated only if it is taken out of private, profit-making hands, no matter how well-intentioned these hands may be. It should then be placed in the hands of the people, which means, in a democracy, in the hands of the government that represents them.

Surplus funds from the governmental sale of liquor would be earmarked for "drying-out" stations, hospitals, sanitoriums and their professional staffs. Further funds would be allocated for educational campaigns through public health agencies, schools and churches. In this all-out campaign of prevention, all media of communication would be employed: newspapers, magazines, radio broadcasts, motion pictures and television.

Cinderella of Medicine

By SAMUEL CAMPBELL

Shaw Business College, Toronto, Ontario

ONE DAY, 65,000 years ago, a primitive man walked about his cave, unsuspectingly, minding his own business. Suddenly there was a flash of pain! He yelped, clapped both hands to his forehead, and fell heavily to the stone floor. One side of his body was paralyzed! His wife, dimly realizing that her husband could no longer hunt and provide food for her, sent for the shaman, or medicine man . . . and soon, things began to happen.

Several burly assistants quickly made the stricken man flat and secure on his back. Then the old witch doctor, gripping the victim's head between his knees, hacked and sawed and chiselled with crude stone knives and hammers until he had made a jaggy hole right through the man's skull . . . without anaesthetic, of course!

When he had finished operating, he probably diagnosed the case, saying that it was now quite possible for the evil spirit, or whatever devil possessed the man, to leave through the hole he had made, and that soon the patient would be well and strong again.

Primitive man, slow and sluggish as was his mentality, recognized the "sickness." Then realizing, first, that his fellow creature could be helped, and secondly, that he was worth helping, proceeded to do the best thing his evolving brain could conjure up.

Sixty-five thousand years of medical knowledge has accumulated since that day. Yet, in the United States alone, there are between 3,000,000 and 4,000,000 people of all classes, races, and religions who are ill with a disease called alcoholism—a contagious disease as deadly as tuberculosis, as cankerous as cancer with its mere 500,000 known cases. Still, modern preventive medicine, as a body, and the general public have failed to give their scientific experience and wholehearted support to its prevention and cure . . . for it can be prevented; and it can be cured! Every member of Alcoholics Anonymous stands as a living testimonial.

Since this illness is on a global scale, would it be precocious at this date to suggest that national sanitariums "for the Prevention and Cure of Alcoholism" be established throughout the nations of the world? That the best brains preventive medicine can spare be assigned to use their specialized knowledge and scientific equipment to help the "alcoholic sick" rehabilitate themselves; to help them throw away, first, the bottle, and then their inner inadequacies, emotional disturbances, fears and neuroses, and finally emerge as normal, healthy, useful citizens?

Perhaps this venture of applying the concept of preventive medicine in alcoholism may sound incredible. If it is to be a success, we must do as all great researchers in medicine have done—depart from tradition and follow our own scheme of campaign.

Haughty sheep doctors scoffed at Louis Pasteur and his inoculation stuff. To-day, because of him, no child needs to die of diphtheria. Once, the streets of Europe reeked putrid with the victims of the Black Death. To-day, the plague has disappeared from the face of the earth. In the 1890's, typhoid fever was rampant. To-day, many a young doctor graduates without seeing a single case.

The slipper of alcohol education has been found to fit that Cinderella of Medicine, prevention, whose carriage is rapidly becoming filled with ardent admirers.

ACCENTUATE THE POSITIVE

(Continued from page 7)

the mental, the moral, the religious life. The weak prophets of doom, the defeatists with their philosophy of futility and "down with up", the determinists, and the relativists have done more than any other group to swell the ranks of alcoholic dependents. Frustrated men, anxious with a cosmic anxiety and with no stable values upon which to rest their lives are easy victims of an alcoholic culture. William James, in his analysis of the motives underlying the use of alcohol, has said that it "brings the votary from the chill periphery of things to the radiant core. It makes him for the moment one with truth." For the moment . . . but it is in the affirmation of the positive

values of human life, of the dignity and worth of human personality, of the tremendous creative power of man that truth is caught and held.

Culture is a creation of man, and what man has created man can modify. This does not imply a sentimental Pollyannalike evasion of the problem of evil. Rather, we ask that man grows to his full stature, accepting the full implication of all that it means to be human. We grow weary these days hearing of the power of the environment in shaping personality. How about the power of the personality in shaping environment? We ask for a new chorus of voices affirming their joy in the great gift of life, their faith in human destiny. In the accentuation of the positive values of life, in the elimination of the negative, the potential alcoholic will find his safeguard, and the alcoholic, his cure.

Education - Our Only Hope

By ALICE REYNOLDS
Queens College, Charlotte, N.C.

THERE IS NO MORE preventable disease in the world than alcoholism," says Dr. Haven Emerson. The solution of the alcoholic problem lies in education—not of actual alcoholics but of potential alcoholics, particularly young people. This education should be carried on in the churches, the schools, and above all in the homes. The release which the alcoholic seeks in drink must be supplied in other ways, and the laws concerning the use and sale of alcohol must be strictly enforced.

Experience has taught that the scientific approach is the most effective, and that the emphasis on emotion is a mistake. The results of research to find an effective program of education among young people revealed the following as necessary: presenting scientific truth and accuracy of facts concerning the use of alcoholic beverages, confirming these facts through direct observation, investigation of results of liquor traffic on home and community life, and establishing a social and recreational program of interest and appeal to young people.

This program will have to be sold on the idea of effect

on personality and what it does to improve social and economic opportunities for youth.

Above all, if the teaching is to be of any value, adults must set a good example both by word and deed. The golden period of education is in the elementary grades, in the combination of school and home. The most lasting impressions and attitudes are made during this age; certain things can be taught during high school, but it is to the minority group. The field of knowledge is wide; instruction should not be limited to three or four grades but all age groups from the beginning of school life to graduation. By systematic, careful building up of informed and prepared minds in the lower grades, the foundation is laid for more involved information as to the effect on human conduct and social behavior in the study of alcohol in scientific and social courses of study. "The answer to the beguilement of social custom, drinking companions, and drinking places lies in the cultivation of well-informed minds and habits of independent thought early in life."

Many colleges are now offering courses of instruction. It is being discovered that this subject is of great interest to college students. Five states now have sub-departments in their State Boards of Education devoted to health and alcohol problems, with full time Directors in charge to supervise state-wide educational programs.

But what is being done in education in the rest of the country today? Numerous reports say that teaching is perfunctory, confused, inadequate or non-existent. Teachers are not well trained; textbooks are inadequate and have a wrong approach. Yet education is our only hope. Probably if schools did an effective job of education it would not solve the problem completely for there would still be those poorly adjusted individuals who come into life with unstable personalities and demand an escape from their frustrations. For these alcohol constitutes the quickest, cheapest, and easiest way out. But education can train young people to find less destructive avenues of escape; it can educate for mental and emotional stability. The battle will be long and hard, but with these objectives held before us, the American people can win through to victory.

Liquor Propaganda as it Affects the Youth of Today

By GEORGE E. DENMAN,
University of Idaho, Moscow

THE PROBLEM is not a minor one. We are dealing with what a former Assistant Surgeon General of the United States Public Health Service has called "our greatest unsolved public-health problem." No amount of criticism will persuade the liquor interests to cut down on their advertising. They're making too much money. A full-page color ad in *Life* magazine will cost them over \$20,000, but they get it back in increased sales. In short the liquor interests have forced the question themselves. They have carried their advertising to the point where some control is needed, and the only way this can be done is through federal legislation prohibiting alcohol advertising or drastically reducing it.

The purpose behind the demand for such reduction is simple and down-to-earth—to prevent the habit-forming power of alcoholic beverages from ensnaring the youth of America. The advertising of alcoholic beverages of all kinds is directed particularly toward the youth, as year by year new millions become prospective customers. The question boils down to this: Are we to pay taxes for educating our young people while at the same time we permit subtle ads to instill in their young minds the desire to drink?

A point often forgotten by parents is the susceptibility of young minds to anything promising adventure and enjoyment. . . . We cannot expect religion to carry the fight against drinking when young people are constantly exposed to pictures of handsome opera or movie stars, drink in hand, appealing to them to be modern by using some brand of liquor. The desire to be up-to-date, which so typifies the average teen-ager today, has made the job of the liquor advertiser much easier.

One magazine not so long ago carried a picture of Whistler's Mother. The familiar sight to many young

people had a new touch, however. On the table nearby a bottle of beer was prominently displayed. Another series of ads in a national magazine recently connected a brand of liquor with important historical scenes in our country's history. Although of no actual connection whatsoever, the theme has a high appeal for school children.

With liquor virtually thrown in their faces from the moment they are old enough to read, and with the absence of an equal amount of publicity against drinking, the American teen-ager becomes a virtual student of the alcoholic school conducted by liquor advertisers. While they watch their sales charts soar, a complacent America watches their juvenile delinquency increase. With an active public interest in the problem, the American public can and must bring pressure for restrictive legislation on the advertisement of alcohol.

Better Fences

By VERGIE E. GILLESPIE

Alderson-Broaddus College, Phillipi, W. Va.

A FARMER BUILDS FENCES to keep roving animals from destroying his crops. He must make them strong and sure: low enough to resist rooting pigs—high enough to discourage high jumpers. And he must constantly watch for weak spots which he readily mends.

In preventive measures against alcoholism, people must be as vigilant as the farmer. Strong fences of character—"the sum of traits and habits that make up a person's mental, moral, and social being"—must be built: high enough to defy suggestions that drinking is a cultured social custom—low enough to check the groveling animals of gluttony and dissipation—with no cracks wide enough to let the folly of moderation slip through.

This student editorial, "Better Fences," was published in the April 1948 number of *The International Student*.

Prescription for Prevention

By BRUCE F. ANDREAS,
Heidelberg College, Tiffin, Ohio

ALTHOUGH ALCOHOLISM can be prevented successfully in many ways for real, lasting success there is only one way; prevention must be taught to the individual during the formative years of childhood and adolescence, and from the home and school.

This "preventive medicine" given the child is a very delicate thing; it must be administered with wisdom and judgment whenever the time seems right for a small dosage. Nevertheless, the prescription remains simple, *consisting of ordinary, fact-facing upbringing*, in which a place is always open for teachings in regard to alcoholism. Although the definite ideas to be taught and methods of teaching remain largely up to the individual parents, certain high spots, as well as certain pitfalls, can be pointed out.

Basically, the points to be thoroughly revealed to the growing child are; what alcoholism is, whom it affects, and in what manner.

One of the first points to be taught is that science now recognizes alcoholism as an actual physiological disease, not as a moral weakness. The child may truthfully be imbued with the fact that alcoholism is something to be shied clear from and immunized against, just as is scarlet fever, typhoid, or the common cold.

Neither does it hurt to make the effects of alcoholism apparent to the youth; to point out the consequences which can result when an individual comes into contact with the carrier of the disease, and falls before it.

He should know that, although anyone can become an alcoholic, certain persons, unknowingly, may be especially susceptible to the malady. Hence one cannot say that he is certain that it could never happen to him. It can! While being taught not to put dirt into his mouth because of fear of disease, so must the child be taught to refrain from placing liquor to his lips for fear of the same results.

Simply, if alcoholism is a disease, as is now believed,

we have to make the idea of staying away from it as reasonable and logical as the principles we use daily to prevent our catching cold. If it is ever to be universally conquered, the one type of prevention which will play the major role is that taught to youth while still under the influence of wise teachings in the home.

Striking at the Source

By C. PATRICK KING
University of Idaho, Moscow.

HUNDREDS of articles are written each year on the subject "Alcoholism." In most of these articles you read only definitions or medical theories on the subject or cures for the disease. Hardly ever do you read facts on preventives. I have come to the conclusion that to prevent further alcoholism we must start with education, yes, education of the young and the parents of the young.

A fine example is the case of the Dearborn, Michigan school for delinquent parents. Parents cited for having delinquent children were sentenced to attend this school. Lectures were held by experts on family living, health, psychology and child guidance. This type of parent education could become widespread in our country without a sentence.

It takes ten years for a person to become an alcoholic according to Alson J. Smith in *Science News Letter*. He found that 71 per cent of alcoholics received their first drink between the ages of 10 and 19, 6.1 per cent between 10 and 14, and 1 per cent below the age of 10. Juvenile organizations report that between 1939 and 1945, drunkenness of boys under 18 increased 101 per cent. The F.B.I. reports that in 1945, 269 minors were arrested for violating liquor laws, 426 for drunken driving and 2,722 for drunkenness. This is a paragraph of figures but figures you cannot afford to ignore.

The best way to prevent alcoholism then, is to fight it from its source. Start writing to the public through every organ you can put matter in. Have educators, doctors, lawyers and legislators write and talk on the subject. You

must educate every community to a sympathetic understanding. Above all advertise. You must beat alcohol and what it stands for at its own game. Alcohol is now pushed into the child's face as the socially accepted drink and its use is glamorized in advertising and entertainment. So we must go to work and print books and films showing the follies of alcohol for school distribution. We must get civic leaders behind us, and get the legislators before us. We must make laws with teeth in them that will educate our children.

Finally you will get to the source of the source, the parents. With the issues placed in front of them, the majority will act.

The Teacher and Alcohol Education

By KATHRYN HALES

State Teachers College, Salisbury, Md.

IN A SMALL rural community such as the one I grew up in, a drunkard was not someone to be seen in the restaurant, on the street or in an alley and laughed at; but, someone who squandered money on a harmful drug instead of bringing the week's groceries home to his family. He was someone who waited until Sunday morning to discover the family's need of flour. Then, it was his children who came to our back door begging the necessities of life. The effects of his drinking on the family were evident; but today, when the wife buys the groceries with her own pay check, the effects, though no less serious, are not as obvious.

Today, maybe, we laugh at him as part of an evening's entertainment and forget what is happening in the home. What about his blond-haired girl of ten whom he dearly loves? What about the quiet and sweet, yet always uncomplaining, dream girl that he with such good intentions made his wife? What about John, the boy who this month is planning to get his driver's license? Yes, alcoholism is a great welfare problem. What are its causes? Back of the face of the inebriate there are: mental depressions, inferiority complexes, physical handicaps, chronic ailments,

low moral standards, and little successful home living.

What is being done for its cure? Well, psychiatrists, social workers, and ministers as well as ex-alcoholics and friends are working wonders.

For prevention, little has been done with success. We have laws which we enforce and we have had Federal prohibition. We condemn liquor advertising. But all of these have not been enough. Unless we change the social customs, unless we educate the youth concerning alcohol, teach him acts and skills so that he will live a richer, fuller life, and unless we help him to dispel fears and anxieties without turning to this dreadful drug for relief and relaxation, we have failed and shall fail in the prevention of alcoholism. Why? The answer is not hard to find. We have temperance units in Sunday school; but do we reach all who need it? What about John Riffin, champion school runner; Sue Johnson, tap dancing prize winner at our local theaters last year; John Morris, who is getting a driver's license; and Mary Ellis, who did splendid work as glee club soloist on our Easter program this year?

Since most drinkers start drinking heavily while still in their teens, isn't it the logical solution to educate the teenagers about alcoholism? Can't the teacher turn home room periods over to the students for social problems such as alcoholism? Speakers, physicians, members of A.A., police officers, social workers and ministers could be obtained for such occasions. Through the teacher, too, the parent's sense of responsibility for the child's social habits can be aroused. At P.T.A. meetings, guest speakers can be invited. There must be freedom of discussion of such social problems or we shall fail.

Tomorrow's leaders should study today's problems. Some subjects can wait, but alcoholism should be discussed and studied by the student before he is a victim of it. Tomorrow's harvest will depend on today's labor. It is a battle for all workers with youth: The teacher, the parent, the minister, the social worker and many others. But, since next to the parent it is the teacher who touches adolescent life most closely, it is on his shoulders that the solution of this pressing problem rests.

Applying Preventive Medicine

DONALD V. L. KELLY,
Syracuse University, Syracuse, N.Y.

THE EXPERIMENTS of the indomitable Walter Reed to discover the cause of yellow fever were to result in the salvation of untold millions of lives, not by cure, but by prevention. Eradication of conditions favorable to the life of the fever's carrier, a particular type of mosquito, stopped the spread of the fatal disease and its occurrence. The cure of the fever, an illness so difficult to be overcome, was made almost unnecessary because of the preventive methods evolved. Medicine has become increasingly more interested in prevention of disease. That "an ounce of prevention is worth a pound of cure" is an undisputed maxim.

Preventive medicine can become one of the greatest factors in the problem of alcoholism. Although alcoholism itself is not a disease, an alcoholic is ill, usually both mentally and physically. The scientific methods, principles, and procedure of preventive medicine can be as effective for the reduction and removal of alcoholism as they have been in the banishment of some major diseases.

Alcohol-Deglamorized Drug

JOYCE HANSON,
University of Idaho, Moscow, Idaho

THE TALL glamour girl in the low-cut dress slithered across the screen and handed a frosty drink to Clark Gable. The ice tinkled invitingly as Gable raised the glass to his lips.

Far from being a novelty, this is what movie audiences have come to expect. Drinking is merely a sign of sophistication and an accepted part of social life in America.

The popular magazines are dominated by liquor advertisements, holding down the best spots for high readership. All socially-acceptable characters in our novels and short stories have their cocktails. Screen favorites and bluebook socialites head for exclusive night clubs in moments of relaxation. These things produce an aura of romance around liquor and its use.

With our eyes and ears being constantly assaulted with the glamour of liquor, it is small wonder that the number of alcoholics is increasing sharply in the United States.

The power of the public in a democracy is limitless. With education, propaganda, and understanding the people can hold back the tide of alcoholism until science catches up. The causes and cures of alcoholism are illusive and public opinion can be used as a powerful weapon to make the task of science easier.

Preventing Alcoholism Through Knowledge of Its Effects

By SARA BAUGHN,
Queens College, Charlotte, N.C.

PERHAPS the most important influence of alcohol is placed on the brain. Even in small amounts, alcohol interferes with the ability to judge, to discriminate, to coordinate, to observe accurately, and to decide. . . .

After seeing all the harmful effects of alcohol, one can easily see the necessity of finding a way to prevent alcoholism. Securing knowledge as to how it affects the body is one of the best methods of prevention. If a person understands clearly the results of drinking alcohol, he should be more hesitant in taking it into his body.

The best way of disseminating this knowledge is through education. Education is accepted as a means of creating attitudes, overcoming prejudices, developing right motives for living, and accomplishing what people think is good living; therefore, alcohol educators should contribute to the solution of the alcohol problem by weighing its effects on attitudes, morals, and conduct.

Scientific knowledge is now available for use in educating a user of alcohol. Science and the scientist cannot solve the alcohol problem, but can help the citizen in finding the solution. The educator serves as a link between science and the citizen. By discussing the alcohol problems in public, the scientific information can be brought into the open.

Spirit Control

By GEORGE LANKO,

Northwestern University, Chicago, Ill. Campus

I WAS TALKING to Tom on a busy street corner when I suddenly became aware of someone approaching us.

"Will you boys help me with a cup of coffee and something to eat?"

I gazed at the shabby, unkempt figure as Tom handed him a coin. He thanked us and I was ready to resume our conversation when Tom butted in.

"George, did you get a good look at him?"

I glanced sideways at the retreating figure.

"No—why?" I asked.

"I'll tell you the surprise of your life. You were looking at 'Drinking' Mike—one of the leading attorneys in Chicago a few years ago."

"Him?" I frowned, pointing at the figure.

"Yes—him." Tom sighed. He was headed for a brilliant career until he 'hit the bottle.' Got the best of him."

I shook my head. I couldn't believe it. I've heard of these cases but meeting one of them left me with a strange feeling. My mind refused to accept the fact.

The world is filled with "Drinking" Mikes who "hit the bottle" and find they can not master their master. Pitiful figures—yes, public enemies—no. Since the alcoholic is a "sick" person we should first recognize this fact and educate our people to the fact.

The public must be educated to the ways of treating alcoholics, and the scourge of this disease. Every strata of life furnishes its alcoholics—the rich and the poor, the intellectual and the ignorant, the strong and the weak, the bold and the shy, the carefree and the worried.

The American people must be educated to the fact that alcoholism is a menace to health, that it is one of the four greatest health plagues. It has a depressing effect on the brain and nerve centers, and can easily be a vicious habit.

Our conception of a drunk must also change. We must realize the folly of sending him to jail rather than to a hospital. He needs our help, our understanding. He needs the

care of a competent doctor, not that of a judge.

Mass education of the public against alcoholism can help wipe it out like the scourge of typhoid that ruled in the beginning of this century, or yellow fever. Public indifference must be rudely awakened when close to 4,000,000 of our society are threatened with chronic alcoholism. We must overcome the subtle propaganda of the liquor industry's billboards—of the social acceptance of a habit that can make a lifetime cripple of its unsuspecting victim. We must overcome the pressure interests of the liquor lobbies. Health must not be substituted for profit.

A change in emphasis from the curative to the preventive medicine is now taking place. We must accelerate this educational process because it is much easier to prevent a fire than to salvage its effects.

Preventive Housecleaning

DOROTHY RAAB, Marylhurst College, Marylhurst, Ore.

CUSTOMS and attitudes in and around the home must be altered. Alcohol should not be considered a social necessity, a vital part of every social gathering. Children should not be brought up with the idea that they must drink or be labeled queer. Never should the speech and benumbed wanderings of the alcoholic be laughed at or made light of; but rather such behavior should be treated as a result of a serious and dreaded illness, something to be guarded against by sane thinking and self-control. The home is the only logical place for such a program to begin and to be successfully completed. Only if children are brought up with the proper attitude toward alcohol, can we hope for lower numbers among the sufferers of the sickness.

The home, I believe, is the only social agency that could accomplish this program. What other group has such influence? What other group can contact citizens when their views and attitudes are yet to be formed? What other group has its members under almost constant control for years upon end? The home is the institution to form the stable foundations and sane, healthy views of our citizens.

Ways and Means

By SARA MEDLIN,
Queens College, Charlotte, N.C.

AFTER YEARS of earnest expectation and surges of public sentiment, the problem of alcohol is here in force, more serious than ever before in history. It is rated as almost the third great medical problem of the day.

The spread of social drinking is increasing. Home drinking by women is a new growth. The cocktail hour is a social "must." The beginning of drink habits among youth and those with little resistance continues uncurbed; consequently their rapid transfer into alcoholics is aided, not retarded, by social customs and social approval. Newspapers, magazines, and radios are crowded with appealing liquor advertising. All these trends of today have led to higher mortality rates, 59 per cent of women drinking, higher divorce rates, more illegitimate children, increase in venereal diseases, increased taxes to support alcoholic institutions and an increase in divorces. These facts make the modern beverage alcohol problem one of supreme importance to everyone. Instead of now decreasing, as one might think, the average amount consumed and the number of frequent drinkers is steadily increasing.

We must realize that an alcoholic is truly a "sick" person." Alcoholism must be placed in the category of public health before our country can proceed in its fight to abolish alcoholism.

Reliable information concerning alcohol is too little known. Public information regarding liquor is too much mixed with prejudice and inherited family and group attitudes.

The first step toward abolishing alcoholism is for the public to learn more unbiased and scientific facts about alcohol. This movement lies at the feet of our leaders who control our public schools, colleges, Sunday Schools, and community and social groups.

It has been estimated that of the 750,000 alcoholics in the United States, 40 per cent are so because of personal-

(Continued on page 31)

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WAYS AND MEANS

(Continued from page 29)

ity deficiencies which were inherited or acquired. Sixty per cent have reached this stage through years of social or so-called moderate drinking. Probably a similar ratio prevails as to the 3,000,000 inebriates. Experts who are especially trained in this field can help the alcoholics, and so can we by reeducating our communities into understanding their situation.

It is necessary for an expert in the alcoholic field to find the origin of personality, heredity, and childhood alcoholics, but we can trace and put a stop to alcoholics who originated through cultural and group practices of social drinking. Most all drinkers moderate and excessive alike had their beginnings in a social group while in their young, less-knowing days. Friendly invitations, suggestions, and the desire to meet expectations, are the starting points of occasional, moderate and heavy drinking. In every group there are many who are not affected, but the number that are affected is serious.

The "carriers" of alcoholic sickness to those of little or no resistance are drink customs, social drinkers, and group approvals.

The decision to abandon alcohol lies with the men and women of social prestige. Until they are willing to put aside the attractive customs of social drinking the removal of the sources that initiate alcoholism will be difficult, if not impossible.

The solution of the alcoholics problem must be approached from many sides. No one field of service is enough when standing alone. Curative, preventive, legal, and educational approaches are all necessary, due to the complexities of the problem itself.

Purposes Of The Intercollegiate Association
and of
The International Student

TO PROMOTE STUDY and discussion of the problem of alcohol in modern society, to encourage colleges and universities to take leadership in such activities, and to enlist students, faculty members and alumni for constructive service toward solution of the problem.—From the Constitution.

Evaluating the Cult of "Drink"

A book that seeks to encourage independent thinking, regarding alcohol and drink, the questions that each must decide for himself—

That brings together the latest and most reliable scientific information in popular reading form—

That offers interpretation of facts, background, scientific understanding, without didactics or preaching—

That seeks to develop intelligent attitudes, social and personal practice—

That encourages independent evaluation by Youth of all basic information now available, yet tends toward a constructive conclusion of its own, is,

The LIQUOR CULT AND ITS CULTURE,
by Harry S. Warner, L.H.D., author of *Social Welfare and the Liquor Problem*, editor INTERNATIONAL STUDENT.

"A distinct contribution is the treatment of alcoholism as a neglected health problem. . . Takes the problem out of the field of emotional moralizing."—CECIL C. NORTH, Sociology, Ohio State University.

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In This Number - -

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A New Springboard for Alcohol
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Educational Action

The Library,
University of Lund, Sweden.
(See page 37)

"Democracy
is Something
deeper than
Liberty; it is
Responsibility"



THE INTERNATIONAL STUDENT

NOVEMBER, 1948

Vol. 46 No. 2

HARRY S. WARNER, *Editor*

"Vote of Thanks" Proposed

For Spontaneous Social Experiment

AS A RESULT OF A STRIKE by brewery workers in March in the City of Sydney, Australia, there occurred a spontaneous experiment, ten weeks of almost total prohibition in a large city.

Under the heading "NO BEER", the *Sydney Bulletin*, the widely read Australian weekly, in its March 31 issue, said editorially:

"Nothing happened; no demonstrations no riots; no marches on the breweries. People discovered that they could really get along without the stuff, had more money to spare, got home earlier, had more time for the garden. Wharf labourers, who had started a strike on the day the brewery strike occurred, went back to work three days later, having nothing else to do. Bosses all over the place discovered absenteeism reduced, the police announced, in pleased astonishment, that crime had fallen off; accidents were fewer. Sydney, crowded for the Easter festivities, became a quieter and more decorous city. The strikers, obviously baffled by this astonishing public reaction, presently came to realize that, for the most part, people were getting used to having no beer."

The *Sydney Morning Herald*, said, "Due to lack of beer the police, crime and accident sheets were almost empty over Easter."

And Professor Sutton, Director of the School of Public Health, University of Sydney, commented on the experiment:

"Hundreds of mothers, whose children have missed injury on the roads, and hundreds of women, who have had more money to buy better food, would heartily endorse a vote of thanks, to the strikers."

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Alcoholism An Illness

BY ANDREW C. IVY, M.D., D.Sc.*

IN MANY CASES alcoholism is a disease like morphinism; in other cases alcoholism is a symptom of a disease. According to one study, 40 per cent of alcoholics had a psychopathic personality, mental deficiency, psychosis, or epilepsy, and their drinking appeared to be symptomatic of the disease. In a few instances true addiction was present where life was tolerable to the patient only when drunk.

The largest group consisted of secondary addicts, or patients who became dependent on alcohol because of repeated social drinking. Prior to addiction the patient was a reasonably well-adjusted social drinker. Then situations arose which were followed by heavy drinking and alcoholism. And the simple fact that should not be forgotten that each of the 750,000 alcoholics and 3,000,000 excessive drinkers began his or her experience with alcohol as an occasional social or moderate drinker.

There is no way to tell in advance which one out of every 15 or 20 social drinkers will become an excessive drinker or addict. We have no way of predicting who is susceptible or resistant to the formation of the alcohol habit. *Addicts come from among the educated and the ignorant, the rich and the poor, the clergy and church members as well as among criminals.* This is a very important research problem. If we knew the answer, we might help prevent alcoholism. But on the contrary, we might not, because the susceptible people might drink regardless of the warning.

*Dr. Andrew C. Ivy is professor of physiology, head of the department of clinical sciences and vice president of the University of Illinois, in charge of the Chicago professional colleges of the University. This article is from "Liquor and the Individual," *The Christian Advocate*, Chicago, Feb. 12, '48; used by permission.

*Cult of Moderation in Colleges**

BY ALBION ROY KING

Dean of Men, Cornell College, Mount Vernon, Iowa

A CULT is a religious ritual hallowed by tradition. The drinking of alcoholic beverages, for example, is an ancient pagan cult that has come down from the cult of Bacchus. The objective in that cult was to get drunk, for only while intoxicated was the human thought to be in touch with God.

The cult of moderation today has no such objective. Its creed is simply, "There's no harm in a drink or two."

The cult of moderation seems to have taken the college campuses of the country. Half of the students are devotees of this creed and they are the ones today who make the noise in campus arguments.

If one is a sincere moderationist, however, I am not in favor of assaulting him on the spot. For if everybody who drinks lived up to this creed, there would be little or no alcohol problem.

But in our present society, I reject the cult of moderation. The actual benefits of moderate drinking of alcohol are too meager and overrated and the motivations to drunkenness are too great. If one really needs that which it offers, he will not, perhaps cannot, remain moderate. There are no important values in moderate drinking which are lost if one is an abstainer.

The cult of Bacchus had one thing to its credit. It exploited the full effect of alcohol. If one desires the full benefit, it is necessary for him to go beyond moderation. That is why the cult of moderation leads from one step to another until it is no longer moderation.

Nobody can predict what he is going to be 20 to 30 years from now. The majority of alcoholics crack up around 50 to 55 years of age. If one has the settled purpose of total abstinence, he will be in a stronger position to meet the crises of life when they come.

*Condensed from a Forum discussion of college students and teachers at the Conference on "Education and the Problem of Alcohol Today," Columbus, Ohio, April 17, '48.

When Mid-Europe Was Moving Towards Democracy

IN THE YEARS FOLLOWING World War I, previous to the rise of totalitarianism, there was, in many countries of Europe, a rapidly growing movement among the younger people to free themselves from the cult of Alcohol. Groups of students in the universities and higher schools and literally millions in the youth movements of the Central and Northern countries had discarded drink in large part or wholly and were increasingly influential in a growing nonalcohol movement. At the time that mid-Europe was becoming relatively democratic, the great youth movements of the period were beginning to replace alcoholic customs and practices by games, music, hikes, folk dancing and a nonalcoholic "way of life."

Drink compulsions in the universities were losing force. The young people of Great Britain were not seeking enjoyment in the public house as had their fathers. "A striking feature in the revolt of modern youth against conventional customs and social habits inherited and adhered to for generations is their attitude to the alcohol tradition," wrote an English observer in 1931. "There is abundant evidence that young England knows that such statements as 'beer is best,' will not bear examination. If proof of this change in thought and habit is needed it can be seen in the great beer-advertising campaign recently launched by the brewers, the director of which said, 'the chief customers of the public house today are elderly and middle-aged men.'"

In Germany the great youth movements that grew strong after the World War regarded the beer mug as a symbol of an age that had passed. Expressing a passionate protest against materialism, artificiality and old social customs, they emphasized natural living, recreation and outdoor activities. Some national groups were total ab-

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Questions That Challenge

BY HAVEN EMERSON, M.D.,*

DOES SOCIETY KNOW the cost it carries due to the care of sickness, shortened lives, accidents, directly and indirectly due to moderate and excessive use of alcohol? How much delinquency, dependency and disease is properly chargeable as social wastage because of the almost universal accessibility of alcoholic beverages to all varieties of personality?

Is the preoccupation of society and its governmental agencies with the drunkard justified in view of the larger field of damage to personal and social behavior among those who use alcohol short of creating public offense? Is the catastrophe of the psychopathic personality as socially serious as is the perpetual relative inferiority of conduct of the drinker who never gets drunk, but whose pattern of life distorts that of his family and damages the career of his child?

Does society act intelligently when it provides no safeguard for the detectable potential alcoholic whose weaker self is incapable of declining a drink? When, on the contrary, society sets a stage for the social and commercial exploitation of his genetic weakness?

If society continues to allow and encourage commerce in alcoholic beverages, will it claim that moderate use of them benefits appreciably the normal body or mind?

Can society predict which moderate drinker will become an addict, a problem drinker, a chronic alcoholic?

Is it true that auto traffic accidents and deaths could be reduced 15 per cent to 45 per cent if the drinking driver (not the drunken driver who can't operate his car) were kept off the public way, because he sees less distinctly, hears poorly, has a sluggish mind and muscles that respond clumsily?

Would people be better nourished if the money spent

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on alcoholic beverages was applied to food?

Does alcohol contribute to domestic harmony and the continuity of married life?

Is not alcohol in effect, as often offered and consumed, a procurer that contributes to prostitution and its sequel of venereal disease?

Would not society benefit if it did not have to carry the load of the 5 per cent to 10 per cent of the inmates of state hospitals for mental disease who are suffering from alcoholic psychoses?

Would not the courts be able to serve the public better, in other more constructive applications of the law, if about 1/4 of the cases involving violence which appears to be related to the use of alcohol, were eliminated?

Does it seem socially just that the public must bear the cost of caring for an estimated two million or more intemperate users of alcohol, so that those who like to use liquor and can do so without offense may have access to it wherever they happen to want it?

If it could be shown that an estimated annual loss of life from the use of alcoholic beverages of 10.8 per 100,000 population could be prevented by excluding so dangerous a substance from the field of free commercial exploitation, would society be justified in such action?

Do taxes received from the liquor trade amount to as much as the public pays for the care of the sick, crime, delinquency, dependency and accidents directly due to alcoholic beverages?

Could society and medicine make a better use of hospital beds than by using them for the cure of an estimated 252,000 patients annually admitted to general hospitals for alcoholism?

If the use and abuse of alcohol have created a public health problem of large proportions, should not society require some appropriate and effective action for the control and prevention of this preventable condition by organizing public agencies of health and education?

Is it consistent with social progress that the people should spend for alcoholic beverages more than twice the cost of all our educational institutions, from the nursery school, through the university?

*Social Sources of Drink and Alcoholism**

BY HARRY S. WARNER

HOW does the drinking of alcohol begin? The desire for it get started in the life of an individual? How are the habit and custom of its use initiated?

Initiation: Recent Instances

1. An ex-Army man reported that he began when a sophomore in high school, in one of the best residence sections of his city; before he went to war, before he entered college. He wanted to do what other boys were doing; soon he came to feel comfortable in drinking groups, liked to drink, its effects. He was a church youth, attended the meetings of the young people, but he came from a broken home—his parents had been divorced; in boyhood he was shifted from one to the other. His drinking grew out of our very MODERN MIDDLE-CLASS environment.

2. A public-school teacher in a great steel city, in which the second and third generations of recent foreign nationalities are large, reported that 9 out of 10 of her 4th year class said their parents gave them liquor and taught them how to mix different kinds of drinks. In these groups, there remains the cultural background of Europe in which the use of wine and beer are a tradition, not a recent fashion. These children, and others from the older American background as well, take to drink as the expected thing for them.

3. A 1948 Kentucky Highland Boy—17 years of age—told his teacher that all the men and men and boys of the hills drink. "No one told me it is injurious or bad." Through the drinking years since Repeal, through the Prohibition era and the long previous years of the saloon and moonshine, to the Revolutionary period when the mountains of Kentucky were first settled, these people have used whisky. It was a custom of England whence their ancestors came in early Colonial years. To them whisky has remained desirable, down a LONG TRAIL FROM THE PAST.

Social Expectation In Youth

TO BEGIN AT THE BEGINNING of the alcohol problem, modern scientific study confirms ordinary observation, that the desire for alcohol is created in youth, that the first drink is taken between the ages of 15 and 23; that practically all drinking begins at that period when the needs of youth for social contact, for recognition, for sociability with other youth is freshest and keenest. This

*A lecture at the Pennsylvania School of Alcohol Studies, Juniata College, Huntingdon, Pa., July 1, 1948.

first alcohol experience comes at the invitation of associates, dinner hosts, social groups. The reason for accepting is to be friendly, a "regular fellow," one of the group, to avoid the embarrassment of being different. Obviously, these are not base motives.

Next Steps

But following the first few experiences, other influences arise; the desire to be relieved of timidity, fear, frustration; to gain self-confidence, emotional freedom; to be hilarious and self-important. These come from experience as secondary reasons for drinking; they are psychological; they come only after experience with alcohol, after learning by personal use that alcohol brings these sensations. These reasons are not as simple as the first. They cannot be accepted without question; they must be carefully examined.

For such relief from fear, from restraint, is not real. No reduction of the causes of timidity follows the use of alcohol. The perceiving centers in the brain are depressed, slightly reduced in their functioning by the action of a drug circulating in the capillaries. A substitutional, delusive satisfaction—instead of what healthy youth needs—has been gained by means of a drug, administered, not by a doctor, *but by the Social Pressure* of the group. Thus, experience with a depressant drug comes into the lives of millions of youth through their natural need of having friends and being friends.

And the period at which drinking is most prevalent today, as shown by a recent Gallop Poll, is at the ages of 21 to 29. At this level, 28% are now reported as abstainers, the others as drinkers. Abstinence, today, is greatest at 50 and above, 75% of whom are abstainers.

Thus, drinking is begun, continued and spread widely by the influence of social custom *before anything that can be called habit has had time to develop*. Only a few beginners quickly acquire an urgent desire for alcohol; and these, usually, are more or less neurotic at the beginning. To the great majority, habit comes later, after continued drinking.

Social suggestion and social pressure constitute the basic activating fact—the main and initial source of all

that follows in drunkenness and its personal and social consequences throughout life.

Initiating Agencies

Drinking and alcoholism *begin, continue and grow* largely because of the cult of ALCOHOL that prevails in modern society. This cult shows itself as a background in the following ways:

1. The Tradition of "Drink" that has come down from the past as something that is desirable, even necessary, in the lives of millions. The use of alcohol is embedded in the customs of a large part of our total society.

2. Current Social Prestige, customs and fashions, spread approvals, extend use and INITIATE AND CONTINUE alcoholic satisfaction as something that is desirable.

3. The character of Alcoholic Satisfaction, which is an artificial, drug induced, and degrading substitution for the relief of human needs.

4. Recent Economic Pressures that seek to enlarge and intensify the alcoholic desire, once it has been established by tradition or social usage.

5. A social sifting process has been set up, as a result of the Alcohol Custom, that selects and initiates into drinking those who are most susceptible to its dangers and many who, through frequent drinking, later become susceptible.

I—Tradition of Alcoholic "Joy"

The tradition of alcoholic enjoyment is ingrained in the culture of a large part of American society. This is one source of the situation we are in today.

The beverages which provide toxic enjoyment have been used--and wanted--ever since the savage days of the race. The assumption that they are desirable has come down through the centuries, among all the various people who have contributed to the population that is now America. They were dominant among English, German, French, Swedish, Slavic, Italian and all other nationalities long before they left their native land. Drink was in the mores and customs of high and low in Colonial days, even among the Puritans. It continued in dominant position until after the great temperance revolt of the

mid-nineteenth century against liquor had well begun. With a larger part of our present population—perhaps half—it has continued to hold that place. In this group, the enjoyment of intoxication—in mild degree—remains as a CULT IN OUR CULTURE today. This is a part of the background that cannot be evaded in a democracy.

Among those who accept the drink tradition, the use of alcoholic beverages and social behaviors, related to drinking, are learned by each succeeding generation in childhood—as are other social concepts and patterns of conduct. The children's attitudes are those of their parents and associates.

An outline of the differences in the various groups toward Alcohol in the United States, and some of the significant facts in connection with each, has been prepared by Dollard, anthropologist of Yale, as follows:

"In the Upper Upper, or long-standing, old-family group, constituting but 2% of the population, drinking is usual, very extensive, by both sexes; a cultural but not a moral matter. It is done in party style, in the home and elsewhere. But there are stiff social controls against—not drunkenness—but antisocial or ungentlemanly conduct while intoxicated. The patterns of their conduct sift down to adults and groups in the lower strata.

"Among the Lower Upper, 2% of the population, drinking is more reckless and heavy. They are the families of new wealth; they feel frustrated in face of those above who 'own society,' and try to exclude accessions from below. They are the 'cocktail set.' From their example, I may add, the cocktail hour has spread out through the middle classes, recently, and become more general.

"The Upper Middle, 10% of the total, value health, talent, money; they have moral values in their drinking; they acknowledge restraining influences; many of the men drink on social occasions, drinking by women is not general. This group has large influence in public affairs.

"The Lower Middle, 25% are most respectable, live fairly well but do not regard money as most important. They drink very little; and are the section of society from which most opposition to drink comes. Many do

not drink at all.

"The Upper Lower stratum contains 35% of the population; the labor and nationality groups. They have minor occupational restrictions against drinking that interferes with work. Drink practices are well established, a matter of course, rather than social custom. They have no taboos regarding drink.

"The Lower Lower group, 25% drink without restraint; Saturday night to Monday morning may be a week-end binge; both men and women drink; arrests for drunkenness, aggression while drunk and chronic drunkenness are common."

II—Current Social Customs

The current drink patterns set up by prestige groups that extol as a privilege, without concern as to consequences, the drink customs and fashions of polite society, are far reaching and powerful.

As ILLUSTRATIONS: An "old New England Family," of wealth, for two or more generations has been noted for aggressive service and generous giving to the movement against alcohol. The head of the present family is outstanding for abstinence. The wife and mother, from another "high prestige" family, accepts social drink, provides it for their many social affairs and has raised the daughters under the older drink cult. The cult of liquor prestige has outweighed, in this family, both the influence of religion and the high economic pressures of the earlier generation against drink. Retaining power during the changes of the past twenty-five years, the cult became dominant again by acceptance of the women of the present generation.

Another family, growing out of the middle class, rigidly practiced abstinence. During two generations while climbing to high financial standing, they set social and Christian standards against drink and gave large sums of money to the antiliquor movement. The present-day sons, high in business and civic affairs, accept prestige-drink customs, and seem to regard alcohol as essential in sociability.

They repudiate the attitude of the parents, accept the

drinking styles of the "new rich" and the "Upper-Ups," and apply by powerful example a social pressure directly opposite to that of the two previous generations.

In modern society, as the economist Thorstein Veblen said, "The members of each stratum accept as their ideal of decency the scheme of life in vogue in the next stratum above and bend their energies to live up to that ideal."

Is it not then, a *basic part of a thorough approach* to the alcohol problem that the leaders of influential society, a very minor percentage of the whole, should become aware of their responsibility for the practices that result in disaster to millions? The very millions who, because of personal deficiencies, *feel most keenly* a need for that which alcohol seems to give?

Why should not fashionable drinking be examined—at dinners, alumni banquets, the clubs of "big business," the dinners of political leaders in state and national capitals, the cocktail parties, the after-dinner customs of the socially elite? Why not evaluate them in the light of modern scientific knowledge? Of social psychology? Of daily observation of how they influence the lives of the unthinking who, more or less unconsciously follow the fashions of the "upper set?" Why not analyze realistically—and debunk—the welter of literary tradition that has grown close around the milder stages of intoxication? Around expensive wines as the accepted means of celebration, ceremony, conviviality?

III—Character of Alcoholic Sociability

The emotional freedom that comes from the removal of self-control and approved standards by the action of alcohol in the brain, is for the time being, a return to lower and more primitive forms of enjoyment. When gained in play, recreation, or music, emotional release is healthful—when it comes through alcoholic action, it is a delusion, a defeat of the actual need. Social pleasures accompanying even minor stages of intoxication contain proportionate degrees of unreality and hypocrisy. For the freedom that follows the flow of alcohol through the nerve centers includes the removal of those inhibitions that make refined society possible. It is this that gives intoxication its peculiar quality of pleasure. A drinker is

loquacious because he has lost his ability to discriminate in what he says. He thinks his wits are sharpened when they are dulled—his speech becomes coarse and crude. He “goes too far.”

“The use of alcohol as a beverage involves a paradox in every society in which it is used,” says Horton, anthropologist of Yale, after tracing its trail up from the earliest days of human history. At first, it “creates a sense of well-being,” serves a need, but “its later effects may be very dangerous as a result of the release of antisocial aggression, antisexual impulses and even self-aggression.”

The social attitude that has grown out of this two-way impact of alcohol, is called “social ambivalence,” an acceptance combined with rejection, by Myerson, Harvard sociologist.

This ambivalent attitude is found, both in society in general and in drinking society. Many, perhaps most, fairly intelligent drinking people, know the dangers of alcohol; are keenly aware of the danger of “excess.” Yet, notwithstanding, they want and accept what alcohol gives. Thoughtless of consequences, they often go on by degrees to secondary and more serious, stages of drinking, for intoxication and its results usually come by degrees.

Magnifying the sensuous, depressing the centers of judgment, discrimination and spiritual activity, alcohol caters in increasing degree to many unhealthy—even uncontrollable tendencies. It gives, as a noted psychologist says, what some people feel they must have—not only release—but “a certain amount of the sewer.”

And scientifically, quoting Horton, “almost universally, the secondary effects of drinking have a different cast (from the first) aggression, hostility, conflict, quarreling, going to the level of ordinary bickering, epithets, the opening of old grudges, ending in a brawl in which people are not only injured but killed.” Alcoholic sociability, therefore, is essentially of lower-grade character than nonalcoholic.

IV—Economic Pressure as Background

The pressure of economic interest in the production of alcohol tends to enlarge and intensify drinking, once the

custom has been established in a society. This is a background of *recent* but *great* significance.

Economic pressure seeks to create new markets for the alcoholic. As a source of profits, it is persistent, intense—since the desire for drink, when it becomes a habit, is insistent, increasingly insistent in its call for satisfaction. Economic pressure is given emphasis by two factors that differentiate the liquor trade from other industries:

(1) The generally recognized observation that serious social, family and personal misfortunes tend to follow wide alcoholic indulgence.

(2) The uncertain status that any industry, built on an unreal satisfaction of human need by means of such a depressant drug as alcohol, cannot avoid having in public, civic and legal affairs. The legal standing of such a business is uncertain. It does not and cannot occupy that natural status enjoyed by the normal industries of its own time and place.

But the fact that a commercial traffic, found everywhere, is ready to supply unlimited quantities of a brain-depressing article for pleasure purposes—one that leaves extra heavy burdens on the community—cannot be ignored.

To underestimate the promotional influence of organized liquor, would be unrealistic. To its advertising, economic and political appeals, the public must be intelligent, not gullible. To counteract such influence in a democracy of free speech, vast public discussion, counter-propaganda and scientific education, are fundamental to all other efforts. It cannot be assumed that this problem can be solved without the aid of law, acquired and supported by large majority opinion in each community. For the depressing effects of alcohol make the business in it a business in the exploitation of human tensions, fears, inferiorities and excesses.

V—Alcohol Cult Creates a Social Sifting Process

In all frequent-drinking communities, a sifting process is going on. Steadily, the youth of the group who are nervously deficient, frustrated, filled with fears and inferiorities, or neglected by parents, and many others, with any "peculiar temperament" that is susceptible to alcohol,

are initiated into drinking habits under which alcohol becomes a necessity to them. They are led to depend upon it before they have learned that to them alcohol is doubly dangerous. These potential drunkards, found in every class, from Upper-Upper to Lower-Lower, and in between, are thus channeled by the assumptions of the alcoholic cult, into lives of active drunkenness.

And with them go, through suggestion and example many other drinkers who do not, or cannot, or just don't want to keep their daily allowance below an unknown danger line—a line that neither the scientists nor their own rough experience can locate.

Vast numbers thus become casualties—in different degrees—some in the public eye, many in private. The stream of inebriates and alcoholics, that directly and indirectly owe their drinking practices to the social attitudes of their groups, as later they flow into the jails, sanitariums, "drunk farms," is never-ending. The latest estimate is that there are 4,000,000 heavy drinkers in the United States. Compared with other great plagues to human welfare, even with war, the number is tremendous.

This alcoholic sifting process grows automatically, wherever the cult remains intact. "Alcoholic addiction is a danger, inherent in alcohol beverages," concludes the British Medical Research Council. "There is no evidence to justify the opinion that any young man or woman is exempt from the possibility of becoming an addict, nor would it be possible by skilled examination of a group to say which were in danger."

But let it be made clear that those who become inebriates are not merely "the inferior," the oversensitive, the "spoiled" or introverted children of neglecting parents. Nor those who would fail in the struggle of life, if drink did not "get them." On the contrary, many are more highly sensitized than the average; have native ability to render unusual service. Those whom liquor injures least, who "carry their liquor" unobtrusively, are often those in whom the physical is dominant over the spiritual and the intellectual.

The cult of social alcohol thus creates a sifting process in the community by which those peculiarly susceptible

to it—and large numbers of others, who, for any reason fail to face the misfortunes of life courageously — are sorted out and kept on a road of indulgence, until they no longer resist excess. This cult compels nonusers and the public to accept an annual crop of addicts and inebriates, pay the price of their keep, the risk of their accidents, the burden of their debauchery, the cost of their disorder, isolation and, if possible, of their rehabilitation. For annually, a supply of matured drinkers reach the stage at which they must be cared for as people who are mentally ill. *No other means to social pleasure produces so great a public burden from its excesses.*

Initiating Alcoholic Sickness

"If the reader could see the letters I receive from the friends of alcoholics, listen with me to the pleadings of a mother or wife, that something be done for her son or husband, *to the alcoholic himself*, as he seeks to be freed from being a millstone about the neck of his family, they would realize that alcoholics are sick people, not criminals; that they have been produced by a social attitude for which you and I are partly responsible, and for which society at large is entirely responsible," wrote Dr. Andrew C. Ivy, noted physiologist and head of the Medical School of the University of Illinois.

The new scientific understanding that Alcoholism is an illness, the alcoholic a sick man, has basic implications to the social custom of drinking. It raises frankly the question: What has custom to do with the existence of over 750,000 addicts—seriously sick men—and the 4,000,000 inebriates, none of whom can be regarded as well—and those millions of lesser drinkers, many of whom, in the crises of life, will turn heavily to drink?

Practically all scientific authorities and health experts now regard the alcoholic as a sick man, not merely as a moral or social delinquent, a wilful disturber of the healthful living of his family, his friends, himself. He is a victim of his inner deficiencies. His antics when intoxicated cannot be taken lightly, as a joke, an occasion for amusement. The disorders in his brain are too abnormal. His excesses are the outward marks of inner conditions that arose

partly before his drinking, partly grew with his drinking. The alcoholic is a "compulsive drinker" because of emotional drives that he does not understand and that he is convinced that he is unable to resist. He drinks to escape, temporarily, from something that to him seems worse than drunkenness, worse than the miseries of "the next day after," which he knows only too well.

For his care, as for that of other sick people, a hospital and the service of an expert, the doctor, the psychiatrist, the especially equipped minister, his friend from A.A., are necessary. These know him, his sufferings, his evasions, his moods, and how to help him. The large results noted today from these forms of service are substantial evidence of the results that are being obtained in the rehabilitation of Alcoholics.

It has been scientifically estimated at the Yale School of Alcohol Studies and supported by other surveys, that from forty to fifty per cent of the 750,000 known alcoholics in the United States, owe their condition mainly to inner or personality deficiencies. They were sick before drinking, psychologically sick. To those in this group drinking is a symptom of inner disorder, not the disorder itself.

But by the same authorities, from fifty to sixty per cent of all alcoholics are such mainly because of social drinking, continued usually for years. They are secondary alcoholics. They were normal, healthful personalities when their heavy drinking began. Final addiction came through their ordinary drinking. Social practices that sorted out and continued them on their drinking course, and not a psychiatric inferiority, were the *deciding factors* back of their excesses. These, together with the habitual depressing action of alcohol on the central nervous system, were the main source of their final addiction.

In addition, it may be noted that even the psychopathic drinker gained his first experimental knowledge, his first conception of the "kick" that alcohol has for him, in a social group. Very few began as solitary drinkers, although solitary drinking later became a mark of their addiction. Some of these, even, might not have reached the stage of alcoholism had they been free from en-

couragement and community approvals. Certainly, their personality disorder could have been treated more readily had it not been complicated with alcoholism.

"Carriers" of Alcoholic Sickness

Alcoholic illness may be regarded as contagious, in a social sense, at least. If so, how is it communicated? How does it reach those who are susceptible to it?

The common cold, the "flu," tuberculosis, and many fevers, are spread by contact of people with each other; by air, water, the mosquito, other media. By indentifying these "carriers" and isolating them, many past sources of infection and sickness that were dangerously prevalent a generation or two ago, have been reduced, even eliminated. Typhoid, malaria, yellow fever are now subject to decisive reduction and control by sanitary measures. When the means by which they were spread had been determined, their suppression became possible. With advance in community sanitation and preventive health education, the corresponding "carriers" of alcoholism—although this sickness is in no sense a germ disease—may also be isolated, studied, identified, made nontoxic and eliminated.

As first discussed in this paper, the beginning of nearly all drinking occurs in a social group. Its spread is by group approval in youth, when the appeal of sociability is greatest in the lives of most of us.

Suggestion, invitation, fashion, are the starting and continuing factors for moderate and heavy drinking alike. Back of these, in some groups, stand the inherited traditions of alcoholic pleasure, the conventions, customs and ceremonials, that make it seem essential to them. Almost automatically, under these assumptions, youth of all degrees of susceptibility to alcohol, "problem children" and those whose problems are no more severe than others in ordinary living, are exposed to the illusion of alcoholic satisfaction, learn to accept it, and find in it release from "whatever ails you."

The "carriers," therefore, of alcoholic illness are social drinkers and group approvals. These spread among all who are not conditioned against it, and are at all succep-

tible, the peculiar desire, that for many, in every generation, becomes dominant. The significant point, as Horton says is, "that there must be a social or cultural situation that provides the occasion and some degree of permission, before even the neurotic begins the process of becoming an alcoholic."

Social drinking sifts out of the total drinking group, those who eventually become seriously alcoholic, whether they are neurotic or are ordinarily able to take it, with little or no unfortunate results.

What the germ-laden air of a crowded streetcar, or the fly, or the mosquito, or contaminated water are to other infections, drinking customs in analogy, are to alcoholism, and to the milder stages of intoxication that precede it.

In infantile paralysis, there is evidence that healthy "carriers," people who are not themselves sick, play an important part in spreading the disease to which they are themselves resistant. So, in alcoholism, the initiation of the illness, may and often does, come from those who themselves resist excess and are proud of it, the influential, moderate drinker.

For it is he—or she—the social drinker of "distinction," not the inebriate or the alcoholic, who stands out as the subconscious ideal of the youthful beginner and the long-time habitual drinker alike.

Conclusion

The culture of America that centers in alcohol must be frankly challenged. It should be brought to public attention for what it really is—for what scientific understanding shows it to be. Fashionably popular, it is highly prized among the socially elite, in governmental and diplomatic ceremonial—in Washington, New York, Hollywood—and, consequently, among millions and millions of aspiring imitators, the ambitions, the "social climbers," and the middle and lower classes who constitute the main body of the American people.

For, from alcoholic sociability there comes a constant stream of drunkenness, of lesser and greater degree, and a final, gigantic stream of inebriated humanity. Since the initiating and guiding agencies back of this stream are largely social and economic, social customs must be faced

as a basic part of the movement to solve the alcohol problem.

The personal desire for alcohol is created anew in each generation. The habit of using it is initiated in youth and continued by social approval, by the attitude of certain groups and trade promotion. The desire for it comes into existence after contact with alcohol itself, after the experience of each individual with the sort of sensations that it yields. There is no natural desire for it as a compelling motive. Drink desires are not merely artificial; they also replace desires that have been diverted from healthy satisfaction by the tradition of alcoholic pleasure. Thus, their source, expression and consequences are different basically from the gratifications of the human need for food, clothing, recreation, companionship. Their unfortunate results and excesses are the outgrowth of illusion, not of abuse, not of intemperance. The Liquor Problem is not properly a "*temperance question*" at all. It is an anesthetic (or narcotic) *drug problem*. And being social in origin and pressure for continuance, all constructive efforts to mitigate the consequences of "drink" should take these social origins into account.

NEW ADVANCE BY INDUSTRY

The first industrial conference on alcoholism, Chicago, March 23, was an epoch-marking event. Representatives from 50 fields of industry, representing major industrial concerns, were present. Dr. Anton J. Carlson of the University of Chicago *fixed the loss per alcoholic to industry at about \$500 a year*. Alcoholism costs industry more than one billion yearly through Monday absenteeism, hangovers, bad work turned out, etc. Labor also was represented at the conference.

A MAN who is *intoxicated* is no longer a man; he shows that his self-mastery is at the mercy of an excess which he cannot control. What confidence can we place in him? His weakness stupefies and slowly kills him . . . There is the far greater satisfaction of behaving as a true man and escaping the servitude of the appetites and instincts.

—LECOMTE DU NOUY in *Human Destiny*

A New Springboard For Alcohol Education

BY STANLEY F. KNOCK, JR.*

FOR A LONG TIME we have known the end we desire to obtain through alcohol education; also, that actual results have not been satisfactory. Sometimes we blame our methods, sometimes ourselves; but seldom, if ever, do we look at our point of origin to determine the basic soundness of our program. We are like the swimmer who, realizing that there is something wrong with his diving, tries new methods, new twists and turns, diets to weigh less, but forgets to look at the springboard to see how much "spring" there is in it. In failing to do this both we and the swimmer have overlooked the most obvious place of weakness, the basic reason for our dissatisfaction with results.

When we do finally look at our "springboard" in alcohol education—the basic philosophy of the program that has been used in past years—it is clear that we need a new one, for there is not much "spring" left in the old program. Our philosophy is warped in places, waterlogged with dissension. The time has come for the installation of a new "springboard"!

It is not necessary in a short article to analyze the extent of the weakness of the average alcohol education program of today. Much time could be lost in bemoaning the passing away of the old "springboard," with its bigotry and self-righteousness, its ambiguity and cross-purpose; may it rest in peace as we busy ourselves learning about a new "springboard." Of course, the acquiring of a new "springboard" may appear to be a problem; it is a problem. But it can be accomplished simply by changing

*Stanley F. Knock, Jr., Scarritt College, '48, is a student at Yale Divinity School, preparing for college student religious service. He attended the 1948 Yale School of Alcohol Studies and the Pennsylvania School of Alcohol Studies, both, in the summer of 1948.

the basic philosophy of the educational program to one which will ensure the desired results. This is a master-statement of oversimplification, but it will suffice. The real question is: What is this new "springboard" of alcohol education? It is a philosophy of education based on moral principles which stresses the mutual good for the individual and society which comes from a given action. Therefore alcohol education must now include not just the use of alcoholic beverages, but also the known results of such use.

However, education is not just the giving out of information; rather it is the enabling of the individual to use information and facts to the best possible ends for himself and society jointly. That is, education gives a basis for making decisions, no matter what the given situation is or how much it may vary from time to time. Here, then, is the proper place for alcohol education to begin; it too must give the individual a basis for making decisions relevant to the use of alcoholic beverages no matter what the given situation or how it may vary. Alcohol education must equip the individual to use or not to use alcoholic beverages as the facts concerning it indicate.

This, then, is our new "springboard": An educational program *with a moral basis for the making of decisions* relating to the use of alcoholic beverages by the individual and society.

The main difference between insanity and intoxication is the short duration of the latter.

The more we encourage drinking . . . the more chronics we shall have, and the greater will be the problem of alcoholism in all of its aspects—medical, social, and legal.—Dr. ANDREW C. IVY, Vice President, University of Ill.

A guest who must be plied with alcohol to make him interesting is hardly worth entertaining.

Using alcohol to solve the problems caused by alcohol is addiction.

The A.A. (Alcoholics Anonymous) movement, today claiming more than 65,000 members, is the greatest revival and practical application of religion in our generation.—A pastor who attended the 1948 Yale School of Alcohol Studies.

The Cult of Alcoholic Culture

"Seek the Truth
Come Whence It May
Lead Where It Will"

TOTAL MAN AFFECTED

The use of alcoholic beverages creates neither a single problem nor a simple problem, but a series of problems. It is a mental problem, a medical problem, a personal problem, a family problem, a community problem, a social problem, an economic problem, a labor problem, an industrial problem, a legal problem, a traffic problem, a police problem and a governmental problem. Man in his totality is affected by the use of alcoholic beverages whether he is a user or an abstainer.—WAYNE W. WOMER, Alumni Sec'y, Yale School of Alcohol Studies.

ANOTHER ALL-TIME HIGH

Total expenditures for alcoholic beverages in 1947 in the United States topped \$9,600,000,000—an all-time high. Prices, consumption, taxes all were factors—but the significance of this gigantic liquor bill is, not only its drain of money from more healthful consumer goods but, also that it continues to go up, up, up, up.—Condensed from *Clipsheet*, Washington, D.C.

THE HUMAN FACTOR

There are about 4,000,000 inebriates. Of these, 2,000,000 may be called chronic excessive drinkers, and the third group which can be counted quite accurately, consists of 750,000 chronic alcoholics.—*Yale Interprets the News*, a broadcast, August. 17, '47, SELDEN D. BACON, Assoc. Prof., Sociology, Yale University.

"MEN OF DISTINCTION"

Chosen by the *Christian Science Monitor*, Boston:

The San Francisco man, now under jail sentence, who tried to make a collie puppy walk on its hind legs. When the puppy wouldn't or couldn't, he beat it to death in a drunken fury.

The 16-year-old Omaha boy whom police found at midnight trying to direct traffic at a busy intersection. He had been beaten up and robbed of his money and shoes. At the jail he explained there were two other boys: "We didn't have anything to do. Somebody said, 'Let's get drunk.' That stuff is no good."

The Attleboro, Mass., man who is charged with killing his wife, the mother of his three children, with a rifle and then clubbing her with the butt of the gun. The police say that when questioned he told them he had been drinking heavily and "just went berserk."

The taxi driver and the apprentice plumber who are charged with beating to death with a paintbucket a Negro they happened to see painting a house in St. Louis. One of them explained that they had been making the rounds of the taverns.

The Wisconsin man who came home drunk at a late hour every two or three nights, routed his children out of bed, and kept them up until early morning. Now he has neither wife nor children to come home to—at any hour.

The Chicago truck driver whose speeding car struck and killed a man in the early hours of a recent morning—then raced on. Said he, when the police arrested him, "I had a few drinks. I was in a hurry. I didn't see the man."

The Santa Monica (Calif.) man who admitted to the court he was "too drunk" to rescue his two small children from the flames which destroyed their home.

NATIONAL BURDEN OF ALCOHOLISM

The entire public is affected by the fact that four million adult members of society are victims of alcoholism. The public pays the bill for the sickness, the unemployment, the creation of dependents, the accidents and property damage.

The individual is affected in his marriage, his job, his religion, citizenship, property care and ownership, neighborhood and friendship associations, emotional life, physical well-being. Alcoholism affects all of his life activities, not for a week or a month or a year, but unless a successful remedy interferes, for the period of his life. His alcoholism affects his wife, employer, brothers and sisters, employees, neighbors; it affects a myriad of social, charitable and governmental agencies, involving time, trouble, irritation and money.—Condensed from "Mobilizing Community Resources," by Dr. SELDEN D. BACON, Yale University School of Alcohol Studies, 1947.

ALCOHOL AND MEMORY

Relative to the immediate effect of alcohol on recall and remote memory, and more complex memory functions, no controversial issues have emerged. There is no question in any experimenter's mind of the deleterious effect of alcohol on memory. There is no doubt that immediate memory is adversely affected by alcohol, and to a very marked degree. There seems to be some indication that the impairment increases with the complexity of the memory function.—E. M. Jellinek and R. A. McFarland, "Analysis of Psychological Analysis," *Quart. Jour. of Studies on Alcohol*, Vol. 1, 273,350.

ALCOHOL BY OUNCES

In a glass of beer we have 10 ounces containing 5% of alcohol by volume, or $\frac{1}{2}$ ounce of alcohol. If three drinkers are sitting at a table drinking glass for glass, one beer, one a highball and one a cocktail, at the end of a sociable evening, each having had five drinks, the beer drinker will have had $2\frac{1}{2}$ ounces of alcohol and the highball and cocktail drinkers five ounces of alcohol each. Will any or all be drunk?

All will be under the influence of alcohol. Whether any or all will be drunk will depend upon the individual drinker, his weight and size, his degree of tolerance to alcohol, the amount of food he has consumed, and what his mental and physical conditions are, and the time consumed between each drink. —*The Foundation Says.*

Seeking Freedom from the Cult

Constructive Activities

YALE SCHOOL OF ALCOHOL STUDIES

The 1948 Summer Session of the Yale School of Alcohol Studies was the largest of the eight annual Schools thus far held; 175 students were enrolled. A faculty of 25 or more of the highest experts on all aspects of the Alcohol Problem gave 65 lectures, discussions and seminars for four weeks. Four complete days were given to seminars—(1) for doctors, nurses and social workers; (2) ministers; (3) educators; (4) leaders in action on Alcoholism. A special seminar on research was conducted by the Director of the School.

SPREADING INFLUENCE

The widening influence and leadership of the new scientific, educational and therapeutic approaches of the Yale Summer Schools of Alcohol Studies, may be inferred from the fact that there are now 900 alumni of the successive summer schools scattered through the United States and Canada.

REDUCING DRINK PRACTICE

Parties given by diplomats from India in other countries, will not be drinking affairs says a report from New Delhi. In accord with the purpose of the government to banish liquor generally, the serving of alcoholic drinks at diplomatic parties, now generally followed by other countries, will not be accepted by India.

LIQUOR—FOOD DIVORCE

Perhaps you have had a guest who politely said, "No, thank you" when the drinks were served. Perhaps you accepted this and offered a soft drink. Or—perhaps you insisted: "Just a little one . . . this is *very* good . . . it's not strong at all. . ."

Think twice if your guest refuses a drink. He (or she) *may* be someone who struggled for many bitter years to free himself from alcoholism. —*National Committee for Education on Alcoholism.*

ETIQUETTE

I am trying very hard to encourage serving food—turn cocktail parties into very simple buffet suppers.—EMILY POST.

MORE THAN LAW

It is of little use to castigate the liquor traffic for lawlessness and unscrupulous greed. We have known for generations that this is the nature of that traffic. . . We need more than law to combat alcoholism in America.

There must be an attitude of mind created that will *produce immunity* from the cleverly devised and efficiently executed advertising and propaganda of the liquor traffic. . . An attitude of character must be added to our national life that is founded on the proposition that a person *can* be successful—in business, society and good fellowship—without alcohol.—MILLARD JONES, the *Spotlight*, Minneapolis, Minn.

LOCAL DECISIONS IN 1947

A survey of local voting in the United States during 1947, made by The Temperance League of America, Miss Laura Lindley, Research Secretary, reveals the following results:

205 Dry units voted Dry—no change.

244 Wet units voted Wet—no change.

254 Wet units voted Dry—Dry gain in 11 counties, 141 towns and 102 precincts in 11 states.

26 Dry units voted Wet—Wet gain in 10 counties and 16 towns in 6 states.

622 units voted Dry—previous status not given.

462 units voted Wet—previous status not given.

4 tie votes—previous status not given.

1,817 elections held in 1,061 units in 22 states.

The best estimates are that since repeal 22,286 local option elections have been held, in which the dries were victorious in 13,600. In 1947, the dries won 1,081 of the elections, the wets 732, and there were 4 tie votes.

WHEN MID-EUROPE WAS MOVING TOWARDS DEMOCRACY

(Continued from page 37)

stainers; others, including the largest and best known, practically so. In 1926 the societies in the general council numbered 4,338,850 young people below 21 years of age. A new generation was growing up in Germany with an attitude toward drink traditions that contrasted dramatically with that of their fathers.

Similar youth movements were active in other countries of Europe. In Sweden a national student organization conducted an educational and cultural program with the aim of replacing the drink traditions of the educated and upper classes with new recreational, social and cultural interests. They sought to use the prestige of education toward the removal of drunkenness among the middle and lower grades of society as well. Similar activities with

similar aims were growing among the students and "studying youth" of Finland, Holland, Denmark, Estonia, Yugoslavia and other countries.

Popular interest in alcoholic pleasure began to reflect these changes, as did the production of alcoholic liquors. . . The serious questioning of alcoholic drink had differentiated a growing and powerful nonalcoholic group. A nonalcoholic culture was beginning to prevail. Men of vision were advancing an "alcohol-free" culture, as it was called in Europe. Alcoholic culture had been challenged seriously. For the first time in the world's history it was on the defensive.—From "World Questioning of the list Alcoholic Pleasure," by Harry S. Warner.

International Congress Takes Educational Action

RESOLUTIONS ADOPTED by the 23rd International Congress on Alcoholism at Lucerne, Switzerland, July 9th, 1948.

I

General Resolutions

1. The Congress requests all the governments
 - a. To develop the fight against alcoholism from the material as well as the idealistic point of view.
 - b. To take legal measures tending in particular to protect women and youth against the direct and indirect dangers of alcoholism especially that of drinking bars.
2. The Congress deems it necessary:
 - a. To develop the regular exchange of information on the state of alcoholism in the different countries;
 - b. To facilitate the exchange of scientific publications relating to the alcohol problem and the fight against alcoholism;
 - c. To promote temperance literature, quite especially propaganda pamphlets and material;
 - d. To undertake scientific research on the injurious

effects of alcoholism on nations and individuals ;

e. To introduce systematic temperance teaching in all education and teaching establishments ;

f. To fight against alcoholism by popular culture, the wireless, the film and the press.

g. To induce sports organizations to fight against the alcohol evil ;

h. To interest the societies for sick insurance, accident and life insurance, in the fight against alcoholism.

3. The Congress declares it to be the duty of the temperance organizations of the different countries to develop special attention to the foundation of societies of abstaining teachers and physicians.

II

Medical Resolution

1. The medical section of the 23rd International Congress on Alcoholism recognizes alcoholism as a medical, moral and social problem and expresses the wish that in every country alcoholism be considered as a disease. For its treatment the following factors must be taken into account :

a. A general medical and psychiatric examination as well as the collaboration of the physicians, are indispensable ;

b. The expenses of the treatment and cure should be met by the sick insurance societies ;

c. The authorities should devote attention to the legislation on the treatment of inebriates.

2. The medical section of the Congress notes that further scientific research on the alcohol problem is necessary. In every country scientific investigations on the subject, from physiological, pharmacological, general medical, psychiatric, psychological and social point of view, should be subsidized by the State as well as from private sources, for alcoholism is a problem of medical, moral and social hygiene.

3. It being admitted that the general public is still insufficiently enlightened on the scientific facts already ascertained with regard to alcoholism and its medical, ethical and social consequences, the medical section re-

quests that all countries take steps to develop temperance instruction:

a. In the universities and particularly in the medical faculties;

b. In establishments for the training of teachers as well as in the schools and in social economy courses;

c. The Congress further requests that in every country efforts be made to enlighten public opinion and especially the young and recommends that the collaboration of the churches and of youth societies be sought for this object and,

d. That temperance teaching be authorized during military service by means of courses of instruction for officers and noncommissioned officers.

III

Resolution on Fruit Juices

Considering that nonfermented fruit juices are recognized to possess excellent nutritive properties, both hygienic and therapeutic, that in many countries this fact is overlooked and these beverages are taxed as highly as fermented drinks and in particular have to pay heavy customs duties, the Congress adopts the following resolution:

All the governments, in particular those of countries where vine and fruit growing is little developed, are requested to revise their financial regulations with regard to the customs duties on fruit juices and especially on grape juice, and:

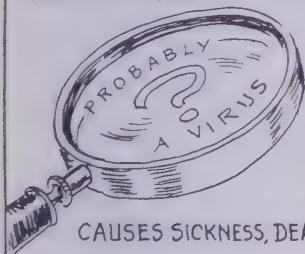
To reduce these duties to a minimum in consideration of the nutritive and hygienic value of these products.

The International Congress at Lucerne, Aug. 4-9, first since the war, was twenty-third in a series of scientific conferences that have been held in Europe for many years. A considerable part of the 300 delegates were officially appointed by the countries they represented. Australia, South Africa, Turkey, the Dominican Republic—in addition to the countries of Central and Western Europe—Great Britain, Canada and the United States, shared in the conference.—EDIT.

"IT'S HARD TO BELIEVE"

- But It's True!

GERM OF YELLOW FEVER



CAUSES SICKNESS, DEATH

THIS MOSQUITO INFECTS
THE PUBLIC WITH THE VIRUS



SO TO PREVENT YELLOW FEVER

WE STAMP OUT THE MOSQUITO AND ITS BREEDING SPOTS
NOW LOOK AT THIS -

CAUSE OF ALCOHOLISM -

WINE

BEER

WHISKY



ALCOHOLISM NOW CONSIDERED
A DISEASE-BRINGS MISERY,
CRIME AND DEATH

SALOONS INFECT THE
PUBLIC WITH THE VIRUS
OF ALCOHOLISM



BUT TO PREVENT ALCOHOLISM

WE PROTECT THE SALOON, ADVERTISE
ITS PRODUCTS AND DAILY INCREASE THEIR SALES

"New Understanding" Monographs

- "A Modern Approach to the Problem of Alcohol"
- "Is Liquor the Same Old Question?"
- "Should Social Drink Customs be Accepted?"
- "Alcoholic Culture: Should It be Retained?"
- "Alcoholic Release and Expression"
- "Alcoholic Pleasure: What IS it?"
- "World Questioning of Alcoholic Pleasure"
- "Social Consequences of Alcoholic Desire"
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- "The Cult of Illusion"

10 cents each; the set (12) \$1.00

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"Greatly appreciate these penetrating articles and analyses."—Howard E. Hamlin, Supervisor of Health, Ohio State Department of Education.

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A survey of student attitudes during the past forty years in American college communities. 48 pages; 50 cents.

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A discussion of the place, possibilities and meaning of a new educational leadership in the problems of beverage alcohol. 25 cents.

THE INTERCOLLEGIATE ASSOCIATION

12 N. Third St., Room 522

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THE
INTERNATIONAL

JANUARY
1949

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

University and College Leadership in
Alcohol Education

College Students Face the Problem

A New Social Strategy Necessary Today
to Solve "Alcohol"

Heavy Social Drinkers

Intercollegiate Association Shares
in the New Advance

Announcement: A \$500 Writing Contest

UNIVERSITY OF UTAH,
SALT LAKE CITY, UTAH.



"Democracy
is something
deeper than
Liberty; it is
Responsibility"

THE INTERNATIONAL STUDENT

JANUARY, 1949

Vol. 46, No. 3

HARRY S. WARNER, *Editor*

Correspondents and Representatives: Stanley F. Knock, Jr., Yale Divinity School, New Haven, Conn.; Samuel Campbell, University of Toronto, Can.; Henry C. Jacobs, Grand Rapids, Mich. *Contest Secretary:* Edwin H. Maynard, Chicago, Ill.

BUT IT CAN BE DONE

ADMITTEDLY, teaching the truth about alcoholic beverages in such a way as favorably to influence conduct is difficult and requires resourcefulness and special training. The greatest difficulty lies in reversing a popular attitude fostered by centuries of tradition and reinforced in the modern world by widespread and subtle propaganda. But it can be done. . . .

It is important to convince youth that this drug, by progressively benumbing the brain cells last acquired in man's evolutionary progress, peels off, as it were, layer after layer of the all-too-thin veneer of civilization and reduces civilized man step by step to primitive savagery.

—JOHN L. C. GOFFIN, M.D.
Los Angeles City Board of Education.

A \$500 WRITING CONTEST

Open to all College Students

Theme: *Social Drink Customs and the College*
(See page 95)

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High Educational Leadership Spreading

In Study of the Alcohol Problem

By HARRY S. WARNER

THE RAPID GROWTH in leadership being given recently, by and among educational institutions of high standing—universities, colleges, research centers and state departments of education—to the Alcohol Problem and its solution, has become an educational event of this decade.

Overshadowed by the daring determination of many peoples in all lands to avoid a third world war, a new lead in this equally serious world problem has been quietly emerging in the past ten years, and especially since the dramatic example set at Yale University in 1943. Many and varied are the indications of this new approach under college and university sponsorship—summer schools, institutes, conferences, special courses in colleges, increased attention in many subjects of instruction, lecture programs, seminars for experienced workers and experts, and wider use of the results of scientific research.

Public Interest Grows

As a result, the interest of the public, that greatly needs scientific information to replace outgrown ideas and customs, has had a new awakening. The sources of drinking are better understood. Acceptance of high educational leadership seems to be a trend of today.

As examples of new university activity, two have just been announced for 1949: A substantial course of instruction on the alcohol problem for the first time at the University of Utah, under direction of the State Board of Instruction, and a Southwestern Yale Institute of Alcohol Studies in Texas. The new undertaking in Texas includes three centers: A Research Unit in the Social Sciences at Texas Christian University, Fort Worth, a Yale Plan Clinic at Dallas, and a Summer School at Trinity University, San Antonio. Others of 1948 are very recent: A university and community course at

the University of Oregon, Eugene, and a Summer School at New York University, New York City.

Varieties of New Leadership

These indications of new and renewed interest among high-standing educators, supplementing, as it does, the long-established and well-known activities of the temperance agencies, churches and schools, have worked their way into definite projects in at least the five following ways:

1. Schools of graduate rank that bring together community leaders, health and welfare workers, educators, ministers, for study and discussion of the recent and permanent results of scientific research and experience now available as information regarding Alcohol for practical service toward solution.

2. Increasing attention to the problem in many regular courses of instruction in colleges, junior colleges and high schools in which the problems of Alcohol and Alcoholism naturally arise for study.

3. Specific courses and classes in a large number of colleges, some of them designed for all students, others for students preparing to teach.

4. One to five day institutes, conferences and lecture series in university centers for community leaders, teachers, health and welfare workers, and all who seek to aid the alcoholic and other victims of the drink custom and habit.

5. Divisions in State Boards of Education in charge of State Directors, or Consultants, who organize and supervise teaching in the schools of certain states.

Instruction in Colleges

The increasing attention that is being given to the problem and its many ramifications by the colleges today is most extended, probably, and effective where it has its natural setting in the courses offered in Sociology, Health, Biology, Physiology, Psychology, Economics, Government, Philosophy, and any others that include phases of the total problem as it is found in daily life. Teaching regarding alcohol seems to be increasing in these departments of colleges and high schools. This is significant and in accord with modern trends. And more students have opportunity to consider the problem, on

the whole, than would be possible in special courses. But the total attention given, is but a minor fraction of what a subject of such magnitude, complexity and immediate personal interest should receive.

Special Courses

A representative group of colleges, widely scattered over the country and diversified as to size, social background and forms of instruction, have offered and given college credit, in accord with college standards, during recent years. Some of them have had classes each year for six to ten years. Others, including several large universities, in 1948 and 1949, are just beginning.

Among them, including these scheduled for 1949, are the following:

Alabama College, Montevallo, Ala.
College of the Pacific, Stockton, Calif.
State Teachers College, San Jose, Calif.
University of Redlands, Redlands, Calif.
State College of Education, Greeley, Colo.
John B. Stetson University, DeLand, Fla.
Edward Watters College, Jacksonville, Fla. '49
Fla. A. and M. College, Tallahassee, Fla.
Fla. Southern College, Lakeland, Fla.
Rollins College, Winter Park, Fla.
St. Petersburg Jr. College, St. Petersburg, Fla. '49
University of Fla., Gainesville, Fla.
University of Miami, Coral Gables, Fla.
Wheaton College, Wheaton, Ill.
Ind. State Teachers College, Terre Haute, Ind.
Cornell College, Mt. Vernon, Iowa
Delta State Teachers College, Cleveland, Miss.
Jackson College, Jackson, Miss.
Miss. Southern College, Hattiesburg, Miss.
Millsaps College, Jackson, Miss.
Rust College, Holly Springs, Miss. '49
University of Nebraska, Lincoln, Neb.
New York University, New York, N.Y.
State Teachers College, Valley City, N.D.
State Teachers College, Minot, N.D.
University of Oregon, Eugene, Ore.
Benedict-Allen College, Columbia, S.C.
Newberry College, Newberry, S.C.
Winthrop College, Rock Hill, S.C.
Wofford College, Spartanburg, S.C.
Trinity University, San Antonio, Texas '49

Texas Christian University, Fort Worth, Texas
University of Utah, Salt Lake City, Utah '49
Alderson-Broadbent College, Philippi, W. Va.

Graduate-Level Study

Yale School of Alcohol Studies. Outstanding among educational sources is the scientific understanding that has come from the Yale School of Alcohol Studies, each year beginning with 1943. The plan and work of the School are of graduate rank—intended for and utilized almost wholly by experienced workers and graduate students—college professors, school officials, teachers, ministers, welfare workers, physicians, psychiatrists—by all who seek to be of help to the alcoholic, A.A.'s, Salvation Army workers, health leaders, counseling pastors—and members of state boards of liquor control and of the liquor trade. It is a school for bringing to the public the latest and accumulated scientific information regarding alcohol as used for drinking purposes. The use and interpretation of this information is left wholly to those who attend.

The School has grown in attendance each year. The sixth session of four weeks, 1948, enrolled 173 from many parts of the United States and Canada. It has now 1,000 Alumni, scattered throughout the two countries and two in Sweden. On conclusion of the course each student is given a Yale certificate; a Refresher Session of four days for Alumni follows each summer.

New York University. In the summer of 1948, an Institute on School and Community Problems in Alcohol Education was held at New York University, with credit to those seeking degrees. It was open to and attended by teachers, welfare workers, health and religious leaders and others in public and educational activities, largely from New York City.

Emphasis was placed on: (1) Alcoholism—public-health, medical, social, legislative, research, rehabilitation and educational problems; (2) Evaluation of techniques and material in the study of alcoholism; (3) Development of a resource unit for instruction in alcohol education.

(Continued on Page 78)

College Students Face The Problem of Alcohol

By RICHARD RICHARDS

AT THE RECENT forum-conference in Columbus, Ohio, on "Education and the Problem of Alcohol Today,"¹ it was my pleasure to participate in a group of students from five Ohio colleges and universities discussing the problem of drinking on our college campuses. It is impossible to generalize from such discussion, but in my judgment these students were a good cross-section of American students in both private and public institutions. Their comments, therefore, can be considered as representative of the observations and thinking of alert college people today.

The presence of students from church-related colleges was a testimony to the fact that even in these schools the problem of drinking is an important one. Their comments were very enlightening as to the dichotomy that exists between the standards scrupulously observed by these colleges, and the practices of many students who take advantage of educational opportunities. In one college, supported by a major Protestant denomination, in a "dry" community, with very careful admission practices, and with strong rules against drinking by students, a number of men, it was reported, drove to a nearby city regularly in order to get liquor and frequently brought bottles back with them which they concealed in their dormitory rooms. All of the church-related college representatives agreed that among the men particularly, drinking is a serious problem.

¹This conference, April 16-17, 1948, "of, for and by college students, student leaders, college educators, high school teachers," was organized by The Intercollegiate Association for Study of the Alcohol Problem, the State Department of Education—Health and Narcotics Division—and the State Secretary of the Ohio Student Y.M.C.A. Movement, of which Richard Richards is Executive Secretary.

On the state university campuses drinking is a much more acute problem, with drunkenness an accepted part of campus life both for the men and the women, according to delegates from the universities. Although the administration is very firm in its attitude against drinking, the prevalence of student drinking is an accepted fact. Particularly disturbing was the report from one university where overindulgence among the women students seemed to be almost as great as among the men and where frequently students meet their professors in the taverns of the community.

Source of Campus Problem

That drinking should be a problem on college campuses in spite of firm administration opposition is not strange when one remembers the extent of the drink habit in our nation. The relationship between the college community and American society generally was indicated by the causes of the alcohol problem on the campus as given by these students. No attempt was made to list factors in order of their importance, but there was complete agreement that these listed are significant:

- (1) drinking in the home,
- (2) the temptation to drink when away from home and church influence for the first time,
- (3) having had drinking experience in high school or, for the returned service man, in military life.
- (4) many fraternities and sororities seem to expect members to drink,
- (5) social pressure from many group contacts in college.

Many students seem to carry a resentment to the regulations of academic life and the restrictions imposed on student freedom by college administrations. For these students drinking is one of the ways in which regulations are deliberately violated. Other students assume an air of indifference concerning college regulations and while not violating them themselves, give tacit approval to those who do. Perhaps it is this indifference, more than any other factor, which produces the kind of situation in which alcoholism is not only tolerated but fostered.

Positive Steps Proposed

How this problem can be attacked was the final question discussed by this group of college students. The necessity of

assuming a positive attitude by those who oppose drinking was expressed in many ways. It is not enough to condemn those who drink or even to ignore the problem as it presents itself; those who oppose drinking must be as vigorous and persuasive as those who try to get their friends to join them in drinking. A strong, highly organized movement against alcoholism on the campus might do more harm than good by creating a sharp distinction between those who do and those who don't. An attitude of superiority is as dangerous as one of condemnation. A friendly but firm stand, free discussion of the problem, interested and informed persuasion with those who do drink are positive steps that can be taken by individuals.

Sense of Social Responsibility

There must be a sense of civic responsibility among students and a willingness to accept the responsibilities and regulations of student life. The Christian college must emphasize the Christian viewpoint in ethics and morals. Strong, positive leadership on the part of both faculty and students must be taken if progress against the evils of drink is to be increased on our college campuses. Fraternities and sororities could be powerful forces if they would set standards for their own members opposing drinking. The influence of such actions would be very widespread for fraternities and sororities set the tone of social living on the campus.

Finally, this group of college students agreed that a conference on their campuses with intelligent and scientific speakers could be a strong factor for good.

This summarizes the discussion of a small but representative group of Ohio college students who are deeply concerned about the problem of alcohol on the campus today. Theirs is no easy problem, for college life seems to encourage the kind of indifference which tolerates any practice even though it is in violation of the campus regulations. The student who dares take a positive attitude in opposition to drinking must have great courage as well as intelligent understanding to face the jeers of his classmates who are more "easygoing." These qualities were well demonstrated in this group of students for which we all have reason to be thankful.

HEAVY SOCIAL DRINKERS

Cause Most Trouble

PERSONALLY I AM CONVINCED that heavy social drinkers actually cause more trouble as a group—and this group numbers into the millions—than do the estimated three-quarters of a million alcoholics. The reasons for this personal conviction are based on some 20 odd years' experience in psychiatry and of observing the social climate of "our times."

One need not go far for evidence. At any hotel, bar or grill you may see at any dining hour a number of well-dressed, presumably influential men who, as the rounds pile up, become louder, more argumentative and expansive in movement. When calm judgment in business or profession is required, alcoholic states of mind are comparable to a cut-off in electricity at the peak hour of production.—ROBERT V. SELIGER, M.D., Johns Hopkins Hospital, Baltimore, Md., in an address, "The Doctor Looks at Alcoholism," at the National Council on the New Approach to the Alcohol Problem, University of Chicago, Apr. 27-30, '48.

"THE WAYS OF THE CROWD"

THERE IS PRESENT now an undesirable attitude in our universities, not only in Canada but also in the United States. A social cult exists, particularly in the fraternities, which virtually ostracizes those who stand apart from the ways of the crowd. I think the social pressure that sets up drinking as THE thing to do should be condemned. But, rather than condemn, the public approves of moderate degrees of this toxic, so-called "pleasure." Society, especially the younger set of high school and college students, laughs at the antics and mental disorders of these drug addicts. *This attitude must be changed.*—SAMUEL CAMPBELL, University of Toronto, Oct. 29, '48.

Men of Distinction may Drink to Extinction.—DR. ROBERT V. SELIGER, Johns Hopkins Hospital, Baltimore, Md.

A New Social Strategy

Is Necessary to Solve "Alcohol"

By HENRY CARTER, London*

AN ORIENTAL PROVERB runs: "The longest journey begins with a single step." Where, then, does the road to alcoholism begin?

Often that first step is taken at some social occasion, where people meet at the call of a common interest and where alcoholic drink is taken for granted. It may be the annual dinner of a club or an industrial or professional group, a civic banquet, a dance, a wedding party, Christmas or New Year celebration, or a gathering of kinfolk and friends. Youth is there and drink is there. The first drink is taken under that friendly social pressure. Custom provides the liquor, comradeship seems to require its acceptance. A habit begins, the first step on the journey is taken.

Legacy of Bygone Ages

It is not deliberate wickedness which creates the perilous moment, that first offer. It is an inherited attitude—an uncritical repetition of a custom which goes back to antiquity. Two world wars have loosened moral restraints and widened the area of intemperance, but the temperance movement was wrestling with the drink habit long before 1914, the habit that was a legacy from bygone ages.

Here is a recent instance. A leading Jew, an ardent Zionist, asked a number of friends to rejoice with him on the establishment of the State of Israel and invited them—to a cocktail party. The occasion was invested with religious and cul-

*Condensed from *The Drink Problem of 1948* by E. C. Urwin, London, England, Nov. 1948. Rev. Henry Carter, author of *The Control of the Drink Trade in Great Britain*—a Contribution to National Efficiency During the Great War, was a member of the Central Control Board (of the Liquor Traffic in Great Britain), a government agency, during the first World War, and a national and civic church leader in all the years since.

tural associations as well as political; to link it with a cocktail party was a token of the force of tradition and contemporary customs. For centuries the ceremonial or convivial occasion has been closely associated with drinking usages.

Social Source

Recent research justifies the assertion that in the primitive life of mankind the tribe or clan celebrated its great occasions—harvesttime, the slaughter of enemies, the accession of a chief—with feasting and intoxication. As the records of ancient civilizations are studied, as the social history of the medieval and modern world is examined and recorded, the same fact holds true in generation after generation. Potent liquor has been the symbol and accompaniment of corporate good will and rejoicing, of days of elation and hours of solemnity. Rulers and professional groups (including Church leaders), traders and craftsmen, soldiers and workers and peasants have perpetuated characteristic drinking usages. Alcoholic indulgence is closely woven into the fabric of social life, and nowadays a trade hungry for dividends sees to it that drinking customs do not wither.

What, then, is my plea? Not that we slacken in appeal to the individual, in the instruction of childhood and the counseling of youth, or in the effort to rescue the drunkard; these endeavors should be intensified. My plea is that we recognize afresh that individual behavior is in large measure derived from group behavior. We are members one of another. People tend to take their cultural pattern from the familiar pattern accepted by those with whom they share leisure and pleasure.

We must *challenge afresh this firmly rooted association of intoxicants with acts and occasions of fellowship*, and do so *for the sake of fellowship itself*.

Let me illustrate. In 1839 John Dunlop of Scotland published a book, *"The Philosophy of Artificial and Compulsory Drinking Usage in Great Britain and Ireland"*, containing the characteristic and exclusively national convivial laws of British society; with the peculiar compulsory festal customs of ninety-eight trades and occupations in the three kingdoms; comprehending about three hundred different drinking usages, with copious anecdotes and illustrations." Dunlop's inquiries concerned both industrial and convivial drinking customs—

"These manifold and imperious usages," as a reviewer of his book termed them. The apprentice in various trades paid his "footing" in drink, the cattle-dealer closed a bargain with drink, the cotton-spinner who left one mill for another paid "entry money" for drink. His investigations threw light on these and many other industrial sources of intemperance, and seem to have initiated efforts which led to their discontinuance or disappearance from British life.

Bring Social Drinking Into Foreground

It is not so with convivial drinking customs. The grosser excesses may be less frequent today, but the usages which firmly associate intoxicants with intimate and outstanding occasions in human life are still "manifold and imperious." The celebration of a birth, betrothal, marriage or a funeral; the family gathering or meeting of friends or fellow-workers; the commemorative, ceremonial or even ecclesiastical assembly; the holiday season; the ritual of "roast" or "treating"—all these rivet the habit of alcoholic indulgence to the fabric of social life. Dunlop found "business drinking more easily suppressed than family usages," a shrewd comment which subsequent history sustains.

Why bring this factor of our problem into the foreground? It is because I am certain from fairly wide observation that the individual drinking habit most frequently begins with the social occasion. "None of us liveth to himself." Life without fellowship is barren. The tragedy is that fellowship and the use of intoxicants are so closely knit, and that this unregimented association points all too often the road to intemperance and moral overthrow.

New Strategy for Today

What, then, should be the outcome of this recognition? A new group strategy is required. It would begin with the encouraging truth that central to most social groups is a conception of progress which the group was formed to advance. Church leaders, the medical and teaching professions, industrialists and technicians, political bodies, groups to promote the arts and recreation—all these aim to further human knowledge or welfare.

Face to face with this realization, our movement needs in

an age of collective purpose, a three-fold development:

First, a careful survey of contemporary social drinking usages, research like that which John Dunlop undertook a century ago;

Second, consideration with equal care as to the ways in which alcoholic usages can be replaced;

Third, resolution to give the method of moral suasion a new social expression.

In such a development the churches and the temperance movement could act together, since the responsibilities of the churches include concern to reach to the roots of moral and spiritual failure, assess the causes of wrongdoing, and appeal for the reversal of practices hostile to body, mind and soul.

Wherever undertaken, its aim could be defined thus—to *loosen the hold of the drink habit on human fellowship, and thus to break the costly entail of alcoholic indulgence.*

HIGH EDUCATIONAL SERVICE

(Continued from Page 70)

Lectures by faculty members of the University and experts from Columbia, University of Chicago, the State Board of Health, etc., were given each forenoon, followed by field visitation and discussion groups later each day.

University of Oregon. A Conference and Lectures on Alcohol Studies at the University of Oregon, Eugene, each week January to March, 1948, was given as a public and university student program, with credit in Education of two term hours for upper division and graduate students. It was designed to aid teachers and community leaders as well as advanced students. Lectures were followed by an hour of group participation and discussion. Eighteen scholarships were provided for public-school teachers.

Trinity University. The new Southwestern Yale School of Alcohol Studies will open a Summer School Session in 1949 at Trinity University, San Antonio. It will follow the Yale pattern and be given largely by the Yale School faculty, supplemented by Texas and other scientists and educators. The School will be for a month and a certifi-

cate will be awarded to those who complete the work. Coordinate with the School in San Antonio, and preceding it in beginning activity, a Sociological Research Unit is being opened at Texas Christian University, Fort Worth, and a Clinic in Dallas.

College Programs

In addition to the instruction given in many colleges, in connection with the usual work in sociology, health, biology, etc., the following programs represent effective teaching of the Alcohol subject in special classes in recent years:

Cornell College, Mt. Vernon, Iowa, under the lead of Dr. Albion Roy King, professor of philosophy, was one of the first to establish instruction for undergraduates. The course was organized for study, discussion and research, giving main attention to the objective study of motivation, drinking, customs, the "Psychology of Drunkenness," and practical applications in efficiency, highway safety, artistic inspiration and other sequences of the habit and custom. The course covered five weeks, with college credit. It was well attended and active five years before the Yale School began activities.

San Jose State College, Calif. Another "first" among the colleges to offer curriculum instruction to students, in recent years, is the course established, largely for teachers, at San Jose, State College, by Dr. Oscar L. Brauer, professor of physics and chemistry, and continued regularly since. In this work, Dr. Brauer gives an outline of the whole field; it is entitled "Alcohol and Other Narcotics" and affords 3 quarter-unit credits; enrollment in 1944 was thirty seven.

University of Redlands, Calif., has a course in Education covering the nature, effects—physical and psychological, economic and social,—of Alcohol, why people use narcotics, why they use alcohol, environmental factors, etc.

Stetson University, DeLand, Fla., had a class for several years in Narcotics Education, under an instructor fur-

nished by the Florida State Board of Education; enrollment ranged from 20 to 40. After discontinuance for a year or two, work is being renewed under the State Consultant in Narcotics Education.

University of Florida, Gainesville. A three-weeks credit course, an elective in Narcotics Education, with instructors from the State Department at Tallahassee, has been given continuously for four or five years.

Alabama College, Montevallo. A two-semester-hour course covering the whole field has been reported; additional scholarships were provided by the State Board of Education.

Colorado State College, Greeley. Summer unit courses for teachers in Alcohol Education were offered for several years by Miss Dora M. Young, now Director of Narcotics Instruction in the State Department of Education of Montana.

State Teachers College, Minot, N.D. A course for several years under instructors from outside became a college credit course in 1948, under Prof. Charles A. Hoffman, entitled "Alcohol and Alcoholism" and is being continued in 1949.

Alderson-Broadus College, W. Va., for four years has given a course, Narcotic Education, in the Department of Physical Education, under teachers trained for education and narcotics instruction at the Evanston, Ill., W.C.T.U. midwinter Workshop. Each year the number completing the course has increased; others attend as visitors. "Interest was exceptionally good in 1948."

Mississippi Southern College, Hattiesburg. A full credit course in 1947-1948, repeated in the Summer School Session, was given by Dr. J. Fred Walker, Biology, Yale Summer School Alumnus. The course included basic scientific information, lectures by experts, on the legal aspects, and the State Consultant in Narcotics Education, Miss Vashti Ishee. The students published in a Mississippi magazine a full report of the project in Aug. '48.

Delta State Teachers College, Cleveland, Miss., has given a course in Health Education and Alcohol con-

tinuously for six years through the cooperation of faculty members and the Narcotics Consultant in the State Board of Education.

Jackson College, Jackson, Miss., has a Narcotics Evaluation credit course of 1½ hours in Education, or Science and Health. In addition to students thirty from outside were enrolled as visitors in a recent session.

Florida Southern College, Lakeland, Fla. The course in Narcotics Education has been given regularly each year for seven years, for teachers and community leaders as well as college students. Instruction and preparation of material are shared by local instructors and those from the State Board of Education. Two credit courses, one in Narcotics Education and one in The Social Phases were given one year.

University of Utah, Salt Lake City, will offer in the summer of 1949, its first course on the Alcohol Problem, as an educational course in the Department of Education; instructor, N. Blaine Winters, Director of School Community Relations in the State Department of Public Instruction.

Tougaloo College, Tougaloo, Miss., had a course in 1948, led by Dr. Oscar Jackson with the background of his experience as a student at the Yale Summer School of Alcohol Studies.

Benedict-Allen, Columbia, S.C. Under the joint names of these two Negro colleges, a summer school in Columbia has given a course of instruction, largely attended, on the Alcohol Problem, for three successive years. Established, first, through Dr. A. M. Taylor, of the State Board of Education, who taught a class of 47 in 1945, it was continued under the instruction of Lulu B. Sasportas, Assistant State Consultant on the problem for Negro schools and colleges. The second year the class was divided into two sections of 55 each, and the third year it required the full time of the instructor. About 250 students and teachers have taken the work at Benedict-Allen in three years.

Wofford College, Spartanburg, S.C., has a one hour course, carrying either college or graduate credit in

Education, twice weekly, under the instruction of Dr. A. M. Taylor, of the South Carolina Department of Education. Largely a lecture course, it is designed for college students and teachers returning to the Summer School.

Winthrop College, Rock Hill, S.C., has a course almost identical with that at Wofford, Dr. A. M. Taylor, of the State Department of Education, instructor. Since this course was organized in 1945, 196 students have enrolled in the classes in the two colleges.

Institutes and Forum Conferences

Specializing in lectures by experts, with free questioning and discussion, and the presentation of objective, scientific information for community leaders, educators, church leaders, ministers, civic leaders, doctors, psychiatrists and similar groups, a wide-extending series of one to five-day conferences has been and is being held, recently. Among them, the following:

Ohio State University. A Forum-Conference to popularize the educational approach in 1946, featuring lectures by Yale School experts—Drs. E. N. Jellinek, Director and Seldon D. Bacon, Sociologist, and medical, educational and other Ohio specialists, was held on the Campus for Central Ohio educators, ministers, welfare leaders, college and high school officials and teachers. The Conference was sponsored by the State Department of Education, four Departments of the University—Education, Sociology, Social Welfare and the School of Medicine—by the University Religious Council and The Intercollegiate Association for Study of the Alcohol Problem. It brought the attention of thinking people anew to the Alcohol Problem of today.

University of Minnesota, Minneapolis. An institute of three days, was held at the University, under high educational and medical leadership, with faculty and experts from various parts of the country as lecturers and discussion leaders. The lectures in large part were issued for study purposes later by the promoters of the institute.

University of Michigan. A conference sponsored by the University was held in the Detroit Center of the University in April, 1947. It was for educators, medical and psychiatric practitioners, welfare workers, city officials, ministers and civic leaders of Detroit and Central Michigan. Lecturers from Yale University, Wayne University, the medical schools of Detroit and others gave lectures with free public discussion following. The Michigan Temperance League acted as organizer.

University of Toronto, Toronto, Ont., Canada. In cooperation with Knox College and Emmanuel College of Toronto, a three-day institute was held at this university in January 1947. Speakers from Yale and Canadian Universities and medical schools constituted the program. As in similar institutes elsewhere, the basic purpose was to bring to the public scientific information regarding alcohol making it available for service by the public.

Roosevelt College, Chicago, Ill. A series of six public lectures on "Alcoholism and Contemporary Life," sponsored by Roosevelt College and the Chicago Committee on Alcoholism, was given last year at this downtown Chicago center. Each week such speakers as Dr. Anton J. Carlson, University of Chicago, Dr. Andrew C. Ivy, Physiology, University of Illinois, Dr. David Rotman, Psychiatric Institute of the Chicago Municipal Court and other experts gave lectures followed by discussion under experienced leaders. It was a school for professional and community leaders, to bring out recent progress in research on the Alcohol problem. Attendance averaged 150 per session.

Intercollegiate Conference, Columbus, Ohio. Organized by a committee representing the State Department of Education, Health and Narcotics Division, the Secretary of the Ohio College Y.M.C.A., and The Intercollegiate Association for Study of the Alcohol Problem, a two-day conference in April, 1948, included college students, professors, high school principals and teachers, with lectures by Dr. Haven Emerson, Dr. Fred C. Slager, Central High School, Columbus, Prof. Carl A. Nisson, Ohio State University, and Prof. Albion R. King, Cornell College, Iowa.

Group conferences by students, teachers, etc., were features of the program.

State Departments of Education

In seven states the organization and supervision of public school activity on the Alcohol and related problems, has been included in the programs of health instruction in the State Department of Education Divisions, headed by a State Supervisor or Consultant, to give this subject undivided direction. The states that at present have sub-departments are as follows:

Ohio. One of the first states to include Health and Narcotics Education, as an integral part of the work of the State Department of Education, is Ohio. Howard E. Hamlin, Supervisor, former professor of physiology at Ohio State University School of Medicine, has in charge the program of education on Alcohol in the 1,237 high schools—and the thousands of other public schools—of the state. In addition, he gives service to colleges, such as a recent three-day program at Miami University that included a faculty conference, lectures, class sessions and discussion groups, seventeen in three days.

Mississippi. The State Supervisor of Narcotics Education in the Department of Education, Jackson, Miss., Miss Vashti Ishee, has a well-developed program of teacher training in six or more colleges, shares in the teaching, supervises the program in the high schools and in community centers, and prepares material for teachers and school officials.

Florida. The Consultant in Narcotics Education, State of Florida, Miss Katie Sue Echols, is promoting teaching on the subject in all the colleges, visiting and sharing directly, often for a week in classes in education, psychology, economics, etc., presenting the newer scientific material and aiding professors in the equipping of teacher-students for service in the schools of Florida. Colleges of both races, and state and church-related colleges, share in the program.

South Carolina. For three or more years, a Consultant in Narcotics Education, Dr. A. M. Taylor, has been leading organized state leadership in education on alcohol

in both white and colored schools of the state. As a previous college teacher, he gives attention to curriculum teaching in the colleges, having taught classes regularly for several years each in Wofford, Winthrop, Newberry and other colleges. The State, for three years, has provided an able Assistant Consultant for the Negro schools, colleges and public high schools, Mrs. Lulu B. Sasportas.

Idaho. Organized five years ago, a section in the Department of Education, Narcotic Education and Research, Allen P. Jeffries, Director, is conducting research to aid teachers in the public schools, supplying all teachers with material, also teachers in training, and aiding directly in teaching the scientific information regarding alcohol in the classes in general science, biology and health of the colleges of Idaho.

Utah. Initiated in 1948, a division of Education on Alcohol problems is being established in the State Department of Public Instruction, Salt Lake City—N. Blaine Winter, Director of School and Community Relations, in charge. An allover program, including state schools, colleges and the State University is in process of organization.

Montana. The recently established section in the State Department of Education, relating to Narcotic Education, is in the charge of Miss Dora H. Young who is developing a program to include, first, attention to students in the colleges and universities who are preparing to teach. Beginning with the State University, Missoula, all teacher-training schools of the state being part of the University system, Miss Young is cooperating with instructors in Health, Social Welfare, Social Science and other subjects, meeting with classes, in some instances for a week of teaching and discussion. Similar programs for three days are continuing in other colleges.

Affiliated Schools and Conferences

A development of the past four years in education on Alcohol that reflects the leadership now coming from universities and colleges, is that of the Summer Schools and Conferences, sponsored by colleges but conducted by

temperance agencies as a basis for action and programs of solution. Among these, are:

Juniata College, Huntingdon, Pa., has entertained on the Campus, for four years in succession, a full week of intensive study, lectures, discussions, demonstrations—The Pennsylvania School of Alcohol Studies. Many scientific health, welfare, economic, political and other experts have participated in the four years. Average attendance has been slightly under 100—leading citizens and teachers from all parts of the state.

University of Chicago. A 1948 National Council on The New Approach—to the Alcohol Problem—sponsored by the National Temperance Movement, headquarters, Chicago, was held for four days in April in Breasted Hall, University of Chicago, with a wide variety of speakers, experts, church leaders and others from various states. The program is being repeated in 1949.

Alberta—Saskatchewan—Manitoba. A first Summer School of Narcotics Education, in anticipation of university sponsorship later, was held for two weeks, August 9-20, in Saskatoon, Sask., Canada. Planned for teachers, it was initiated by the W.C.T.U., and sponsored by educational leaders of the three provinces. It closed with an address by the President of the University of Saskatchewan and the awarding of certificates.

Meaning of New Leadership

With the coming of cooperation from high educational sources into the research and educational phases of the problems of beverage alcohol, and the increase in teaching that is spreading in colleges and high schools, a *new source of confidence* in early positive advance has been added for all who seek lasting improvement.

For the complexities of the problem, and the various sources of the strength of the cult of alcohol, are now being studied, taught and slowly brought to public attention. A long-range strategy that ultimately may reach all the deeper sources, is beginning to appear—a strategy that will include in programs of action:

1. Knowledge of how alcoholism develops most quickly in immature and depleted and inferior personalities:

2. Of the tendency of alcohol to develop habits and customs that find satisfaction chiefly or only in what it gives—or *seems to give*.

3. Of the age-old, automatically accepted, tradition of alcohol as desirable in cultural, ceremonial and social situations.

4. Of its serious influence in current fashions, customs and practices.

5. Of how the desire for alcohol is exploited and dangerously promoted into gigantic public health and welfare problems by those who seek profit from such enlargement.

For under a realistic understanding of alcoholism, the alcoholic, the heavy social drinker, the drinking driver—the sporting party of youth at a highway tavern starting in themselves practices that are bound to yield a full share of these “end products of the drinking system”—this great social problem of today cannot be set aside by educators, welfare workers, parents, writers, community and national leaders, as a mere “reform,” imperative as reform may be.

Under a new “allover” understanding we may now rebuild concrete programs of education, action, restraint, suppression, knowing that we have a continuing source of dependable scientific information and high educational cooperation.

Conclusions

Never before in this country—or any other—have those who seek solution of the alcohol problems, received such high cooperation from the leaders in college, university and state education, or from those doing scientific research suitable for instruction purposes. The movement thus gains new dignity, recognition as one that is humanly vital and imperative.

“The most dangerous enemy we face is not the drinker’s thirst for alcohol; it is the seller’s thirst for gold.”

“Only as the profit motive is eliminated is there any hope of controlling the liquor traffic in the interest of a decent society.”—Rockefeller Commission report, 1933.

The Intercollegiate Association Shares

In the New Advance

FOR FIFTEEN YEARS, THE INTERNATIONAL STUDENT and The Intercollegiate Association have been advocating a new comprehensive advance—the approach that college and university leadership is best qualified to make—the service that advanced education, taking into account the various sources and aspects of the Alcohol Problem and Cult in everyday life, alone can render to the public. This purpose—day-dream or vision—again and again expressed in editorials and articles, by college educators and editorial writers, seems now to be coming into reality.

Sharing, also, in forecasting such a new leadership were the college instructors who made first tests in class instruction—Dean Albion Roy King at Cornell College, Iowa, and Dr. Oscar L. Brower at California State College, San Jose, and the organizers of the Evanston, Ill., Mid-Winter Training School and Workshop, and the Summer School at Lake Chautauqua, N.Y., both sponsored by the National Woman's Christian Temperance Union.

It was fifteen years ago, October 1933, that THE INTERNATIONAL STUDENT said editorially:

“The time is ripe for a new approach in this whole complicated struggle about alcoholic drink in modern society, one that will seek to bring out what it is all about; that is more scientific, more factual, more free to face *all the interests* involved than any that has preceded it in the century or more of temperance education in this country.

“It is time for education that *is* education, for far-reaching, vigorous education, at that. It is time for free discussion, for factual analysis of what has been accomplished, of what remains to be done and for a better understanding of what this intense conflict about drink really means in life today. It is time for a program and a leadership that are based on wider knowledge of the scientific information now available and that which research and present-day experience are now producing.

"However serious, even desperate, the crisis of the moment (1933) it is time for advance, not for defeatism or reaction.

"In such an undertaking who better may lead than the colleges of the country . . . the men and women who stand for education? . . . If they cannot lead intelligent discussion, who can do so? What group is more free from prejudice, politics, selfishness? Who are more concerned with social values and less with profit-motives? Who knows more how to bring together the contributions of many minds into group thinking, into intelligent public opinion . . . into positive attitudes and constructive action?"

School Youth of Poland

In Revived Temperance Movement

By TADEUSZ OLPINSKI, *Warsaw*

PREVIOUS TO THE OUTBREAK of World War II, the Polish Temperance Movement radiated from three large cities, Warsaw, Poznan and Cracow. With the German occupation all social and cultural organizations were abolished and the temperance movement ceased to exist. The Polish people were subjected to demoralization and extermination. The German authorities supported drunkenness by distributing vodka to every working man and woman each month. In this way those who had been occasional drinkers fell into heavy-drinking habits.

In the long six years of German occupation, drunkenness increased in Poland to such an extent that it became one of the greatest curses of the nation.

The fine achievements of the temperance movement before the war were totally destroyed; new work had to be started from the very beginning.

Public Opinion Changing

The effects of drunkenness on Poland are so very serious that never before has there been so much space

In the years between the two world wars, Tadeusz Olpinski, now a teacher in Warsaw, was European Secretary of an international student anti-alcohol movement that had gained much support in the universities and other higher schools. He shared in five international student conferences and spent a year in the United States.

given in the Polish press to emphasizing the damage arising from excessive drinking and to appeals to officials for measures leading to reduction of the drink evil. Many suggestions have been expressed by all classes of society which, if realized, would undoubtedly improve the situation. Even those who have nothing to do with the temperance movement have come to the conclusion that the problem is much too grave to be ignored.

Steps have already been taken to reduce drunkenness. All social and political organizations have been united to consider the possibility of an antialcohol campaign on a large scale. Scientific courses sponsored by the Ministry have been given under the leadership of a very well-known and experienced leader and writer, Jan Szymanski, at the State School of Hygiene. Stations to help alcoholics have been established in Warsaw for those who need treatment and who are willing to be cured of the drink-habit.

Polish Youth Goes Forward

The appeal in the Polish press would not be so strong if it were not for the Youth, who, unfortunately, are involved in the drink-habit. Consequently the Board of Education has recognized, officially, the danger of alcoholic beverages to school Youth. School authorities take every opportunity to stress the importance of temperance teaching in every type of school. It must be said that school authorities are very favorable to the temperance movement and if there were a sufficient number of abstaining teachers, a splendid work could be done in schools, at least. Alas! There is a great dearth of temperance workers. There is much understanding, good will, fine plans, inspiring decisions but, after all, at the end of strong resolutions, the question arises: Who is going to do the work? Who is going to start?

The appeal of the community through the Polish press has been answered. An abstinence group at the High school and Lyceum of H. Rzeszotarska in Warsaw has been organized and others are in the course of organization. The start has been made. Youth goes forward. Progress in this field is slow but sure.

The Cult of Alcoholic Culture

"Seek the Truth
Come Whence It May
Lead Where It Will."

Begins as Social Drinking

Inebriety begins as social drinking. The alcoholic-to-be enjoys the sociability and the easy friendliness that go with such indulgence. . . . The drinker finds that his inhibitions—that is, the conscience which keeps telling him "thou shalt not"—loosen their grip as he imbibes. The conscience, being quite soluble in alcohol, is washed away, allowing him to do those things which he has often wanted to do but never dared.—ROBERT E. MAUPIN, M.D., The Keeley Institute, Dwight, Ill.

Prevalence of Drinking

At the Refresher Session of the Yale School of Alcohol Studies, 1948, the following was given as the latest analysis of alcohol drinking in the United States:

- 60,000,000 of the population of the U.S. over 15 years of age drink.
 - 4,000,000 are excessive drinkers, of whom
 - 1,000,000 are on the borderline of becoming addicts. Some may still of their own volition get into a different category.
 - 3,000,000 are addicts, of whom 25 percent, or
 - 750,000 are addicts with complications—chronic alcoholics.
-

Why These Preferences?

A friend of ours is more than a little amused by the notes one agency puts on liquor copy it sends to newspapers. These read:

- "1. Sports page preferred.
 - "2. Copy must be kept away from other liquor advertising.
 - "3. Copy must be kept away from local cut-rate liquor advertising.
 - "4. Copy must be kept away from headache or stomach-distress advertising.
 - "5. Copy must also be kept away from news items on Drunken Driving, Death Notices, Church Items, Anti-Liquor Articles, etc."—*Advertising Age*.
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The Problem in South Africa

The drinking driver is the greatest single danger on our roads today. Every day he is responsible for accidents and for injury and death to innocent persons. In 19 days this month in Cape Town, 13 drivers have been convicted of driving when drunk. Special studies show the drinking driver problem to be much more alarming than is revealed by statistics. . . . Because it is difficult to obtain convictions for driving "under the influence,"

police officers will not press for a charge unless the driver is obviously and undeniably drunk. Yet we know that the bulk of the problem involves drivers who have consumed only enough to affect their ability to drive safely.—GEORGE STEWART, Chrm. Safety First Association, *Cape Times*, Sept. 29, '48.

Problem in Management

More than a year ago I spent an evening with a group of company heads. One of them began to talk about his sales manager, who was engaged in drinking himself out of a job and a home. Within an hour, every man in the group told of similar experiences he was having or had had with men of promise and achievement, whose great weakness was that they could not take alcohol or leave it alone.

Since that time, I have talked with a great many executives. I have found that almost all of them, too, have the same problem in their own companies. I doubt if any of us, except those who have made a deep study of alcohol and business, realize to what an extent this problem spreads through all business.—From *Printers' Ink*, May 9, '47.

Group Misconception a Source

The misconception that a social party is dull without cocktails and that virility is documented by the ability to consume large amounts of alcoholic beverages contributes largely to such social customs as are practiced by many teen-agers. . . .

It is necessary for us to understand that youth will always copy grown-ups. We cannot make youth believe in and follow our explanations and theoretical evaluations as long as we do not apply them to our own lives. Public opinion should censor all glamor of social drinking out of the moving pictures, stage plays, novels, magazines, and ads.—DR. JOSEPH THIMANN, Medical Director, Washingtonian Hospital, Boston, Mass., quoted in the *Christian Science Monitor*.

Men of Distinction

The Louisville businessman who, police say, suddenly pulled a revolver from his pocket, fatally wounded his "best friend" and pushed him out of the car in which both were riding. He drove to a police station and gave himself up. "I don't know why I did it," he told detectives. "It must have been because I was drinking."

The Worcester, Mass., man who sideswiped one tree with his automobile and then drove head-on into another, killing himself and his son. Verdict of the coroner: Driving at a high rate of speed while under the influence of liquor.

The Tennessee war veteran who shot his friend, a blind boy, then committed suicide under the wheels of a railroad train. He left a wife and two children to whom he addressed a note: "I'm very sorry it happened. I was very drunk. . . ."

The Iowa man jailed on the following charges: (1) Driving while intoxicated. (2) Speeding 82 miles an hour in the city. (3) Reckless driving (he forced five cars into the ditch). (4) Operating a car without a license. (5) Drinking intoxicants on the open highway.

Seeking Freedom From the Cult

Constructive Activities

Fellowship of A.A.

In 1934, Alcoholics Anonymous was just an idea in the mind of one alcoholic. In 1935, an Akron physician became a second member. . . . In 1939, the book, *Alcoholics Anonymous*, was published. . . . Now, nine years later, we are 50,000 strong . . . the 12 steps boiled down to three main tenets: Honesty with yourself—the admission by an alcoholic that he or she is powerless over alcohol; second, a desire for and cognizance of the necessity for abstinence; third, the propagation of the message of how this can be done for other alcoholics.—Anonymous.

Followed the Bottles Home

Although I made \$100,000 profit on the sale of liquor the past year, I have quit the business of selling it because I followed the bottles home, observed how much misery and poverty and crime they were responsible for.—J. E. WEBB, operator of a large drug store, St. Petersburg, Fla.

Could Apply to Alcohol, Also

The best illustration of how a community or a country must attack the problem of delinquency is found in the field of public health. Yellow fever, for example, was brought under control by first segregating and treating those who had it. Then the discovery was made that it was transmitted by mosquitos, houses were screened and mosquitoes killed whenever they got in. Finally the swamps and stagnant pools where mosquitos bred were drained. This is the way we must attack delinquency.

Programs of control and prevention must go on together; attempts must be made by careful, scientific study to discover causes, the conditions that tend to breed and foster disease, the ways in which it spreads, the methods by which it can be cured and controlled.”—AUSTIN H. MACCORMACK, Penologist, Executive Director, Osborne Assn., N.Y.C., in *Survey Monthly*.

Refuse to Help Promote Liquor Sales

A total of 175 daily newspapers of the United States and 1,950 weekly papers in 32 states, exclude all advertising of alcoholic liquors. Tabulated by states they are as follows:

The foundation tabulates the no-liquor-ad weeklies among the states as follows:

Alabama, 58; Arizona, 26; Arkansas, 25; California, 32; Colorado, 11; Connecticut, 7; Delaware, 3; Florida, 21; Georgia, 51; Idaho, 7; Illinois, 169; Indiana, 94.

Iowa, 133; Kansas, 97; Kentucky, 59; Louisiana, 10; Maine, 6; Maryland, 6; Massachusetts, 16; Michigan, 65; Minnesota, 69; Mississippi, 0; Missouri, 90; Montana, 0.

Nebraska, 47; Nevada, 0; New Hampshire, 9; New Jersey, 13; New Mexico, 8; New York, 85; North Carolina, 27; North Dakota, 11; Ohio, 124; Oklahoma, 25; Oregon, 25; Pennsylvania, 83.

Rhode Island, 1; South Carolina, 23; South Dakota, 34; Tennessee, 50; Texas, 160; Utah, 10; Vermont, 3; Virginia, 23; Washington, 21; West Virginia, 32; Wisconsin, 30; and Wyoming, 5.—American Business Men's Research Foundation, Chicago, Ill.

British Runner Says:

There are more teetotallers in the athletic world than in any other walk of life. I could go through the whole list of British and world Olympic champions and would find that 99 percent were teetotallers.—DUNCAN C. WRIGHT, British Empire Champion Marathon Runner.

Develop Non-drink Conventions

I think it would be possible to make drunkenness as asocial behavior as nakedness. There is no group of people so conventional as young people. Other people can break conventions, young people can't. Developing conventions is one feature of preventive medicine—Dr. H. W. HAGGARD, Refresher Course lecture, Yale School of Alcohol Studies.

One-Third Now Free

That drinkers and liquor interests cling to ancient, outmoded cultures and customs—so far as drinking is concerned—appears clear from an overall view of the lectures at the Yale School of Alcohol Studies. Some lecturers despair of change in customs—others hold out great hope of doing so, since, in the evolution of society a great change has already occurred within a comparatively short time.

As a result, at present about one-third of the total American people are free from the formerly almost universal custom of drinking.

Dry Sentiment vs. Alcoholism

Correlating the presence of dry sentiment in a state and the prevalence of alcoholism, Dr. E. M. Jellinek, Yale School of Alcohol Studies, reports:

"The consistency of lower rates of alcoholism in states with a high index of dry sentiment and high proportions of the population under local prohibition, suggests that the amount of bootlegging is not as great as has been generally assumed."—*Recent Trends in Alcoholism and Alcohol Consumption*.

Grape Festival

In Turkey, in September, there was held at the Agricultural College, Halkali, near Istanbul, a conference of Turkish leaders to encourage increased production of fruit juices and nonalcoholic drinks, to help counteract the use of alcoholic drinks. Similar grape festivals have been held in other Turkish towns. Prof. Gorkay, President of the Green Crescent, or nonalcoholic society, reported on the International Congress on Alcoholism at Lausanne, Switzerland, in midsummer.

THE NEW \$500 CONTEST

Is Open to All 1949 College Students

THE EDITORIAL Contest of the Intercollegiate Association for 1949, on the Alcohol Problem of Today, is open to college students in all the colleges and universities of the United States and Canada, January to June, 1949. Cash Prizes, under the *Logan H. Roberts Award*, are: First \$200; Second (2) \$50 each; Third (10) \$20 each.

THEME: "*Social Pressure and Campus Drinking.*"

The theme has been selected by vote of college teachers and student prize winners who shared directly or indirectly in the contest of the Association of the past year.

For information address: EDWIN H. MAYNARD,
Contest Secretary, Merch. Mart Sta., Box 3342
Chicago 54, Ill.

ALCOHOL depresses the "higher" brain centers, impairing or removing temporarily the brake-power of judgment, discretion, and control. Thus primitive impulses and emotions are set free. Actually alcohol does not make one "tight"; it makes one "loose."—ROBERT V. SELIGER, M.D., Psychiatrist, Johns Hopkins Hospital, Baltimore, Md.

FORM FOR BEQUEST

To the Permanent Educational Work of the Association among the colleges and students of the United States—

"I give and bequeath to The Intercollegiate Association for Study of the Alcohol Problem, the sum of \$....."

The Association is incorporated as a nonprofit corporation in the District of Columbia, Washington, D.C.; the office of the Association is at 12 N. Third St., Room 522, Columbus 15, Ohio.

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"Alcoholic Culture: Should It Be Retained?"

"Alcoholic Release and Expression"

"Alcoholic Pleasure: What IS It?"

"World Questioning of Alcoholic Pleasure"

"Social Consequences of Alcoholic Desire"

"Alcoholic Pleasure and Public Safety"

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Ohio State Department of Education

THE INTERCOLLEGIATE ASSOCIATION

12 N. Third St., Room 522

COLUMBUS, OHIO

THE
INTERNATIONAL

FEBRUARY
1949

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

Swedish Students Seek Freedom
from Alcohol

Effects of Alcohol on Behavior

Basic to All Progress

"Education" or Education?

Good Morning, Judge

Social Factors are Chief

The Modern Bar Fly

Steps Toward Prevention

UNIVERSITY GYMNASIUM,
UPSALA, SWEDEN



"Democracy
is something
deeper than
Liberty; it is
Responsibility"

THE INTERNATIONAL STUDENT

FEBRUARY, 1949

Vol. 46, No.4

HARRY S. WARNER, *Editor*

Correspondents and Representatives: Stanley F. Knock, Jr., Yale Divinity School, New Haven, Conn.; Samuel Campbell, University of Toronto, Can.; Bruce Andreas, Heidelberg College, Tiffin, Ohio; Bo Nilsson, Stockholm, Sweden; Henry C. Jacobs, Grand Rapids, Mich. *Contest Secretary:* Edwin H. Maynard, Chicago, Ill.

COLLEGE STUDENT CONTEST

OFFERS \$500 IN PRIZES

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Swedish Student Movement Seeks Freedom

From Alcohol

By BO NILSSON

Student of Medicine, Stockholm*

FOUNDED IN 1896, the Swedish "Studying Youth" movement of nondrinking students, S.S.U.H., grew in its first ten years to 10,000 members. With varying membership it has been continuously active ever since. This past year it has enlarged its membership and activities.

It is an organization of students, wholly conducted by students and young people, in the higher schools of Sweden—those above the public school. It includes students in the high schools and colleges, the universities and the gymnasiums, or university preparatory schools. Beginning as a part of the general abstinence movement, which comprized 10% of the total population at the time this youth movement was established, it has been an active abstinence youth activity, seeking high standards in social living free from alcohol and engaged in helpful welfare activities continuously during the fifty-two years.

In the advance of years against alcohol that in the early "twenties" (October 1922) grew into a national referendum vote in Sweden on whether to continue the individual control system or adopt prohibition, S.S.U.H. shared enthusiastically and effectively. When that popular vote gave 51% to the existing system and 49% to legal banishment of liquor selling, that question was settled. Partly because of this the student movement declined in membership until, at the beginning of World War II, it had only 3,000 members. But new methods were adopted and student leadership toward reduc-

*Mr. Bo Nilsson, Saltsjö—Jarlä, Sweden, has been and is an active leader in the student abstinence movement, during his student years. He is now in his third year in Medicine at the Karolinska Institute in Stockholm. In the summer of 1947 he visited the United States and attended the Yale Summer School of Alcohol Studies.

ing alcoholism and the harmful results of the use of alcoholic beverages continued year by year.

Activities of S.S.U.H.

During the years the Sveriges Studerande Ungdoms Helynkyterhetsforbund has employed various methods, including education based on facts, propaganda based also on facts, efforts to reduce the pressure of conventional customs that support the use of alcohol, such as the forming of social activities among the youth of the schools and the public in which they meet and have unlimited fun without alcohol. The society has sought legislation, both to support these social efforts and to reduce the injury that comes from the consumption of alcohol, such as the establishing of an upper limit to the amount that an individual may obtain at a restaurant.

In recent years and at present the problem of alcohol is merged, in part, in S.S.U.H. study and activities, with the allover problem of how to organize society so that maximum opportunities will be given every individual to develop his own personality to its best. In this program—to make Sweden “everybody’s home”—we encounter excessive drinking as a negative force. Therefore, it must be abolished, or at least reduced as part of the larger plan. A religious basis for personal abstinence is not as prominent as in the past; some of our most prominent leaders for abstinence are convinced atheists. But even if there has been some change in ideology in the years, the desire to reduce the pressure of alcohol habits remains and the above-mentioned activities are still used.

Wholly a Student Movement

The unit of S.S.U.H. is the local society in the school. These groups work in classical student ways with discussions, dances, plans, hikes, excursions to the mountains, etc. It occasionally happens that when there are especially clever girls and boys in a society, that the local S.S.U.H. dominates the student activities in that school for several years. At other periods, that same society may need the aid of the central or district office. There are instances of local societies that built their own summer cottages, bought a bus, and arranged the feature activities of the school.

In many schools there are "study circles" in which students work together to pass an examination that is held every spring by the directors of study in the national office in Stockholm, where other central activities of S.S.U.H. are located. All of those who work in this headquarters are young people who have come directly from the local societies, as are those who work out through the schools in the movement. Their mean age is a few years above 20; that of the presidents from 23 to 29.

In the local societies, in the twelve district organizations that coordinate the activities of the schools and link them with the central office, and in the office at Stockholm all workers in S.S.U.H. are members—young people in the movement itself. It is wholly a youth movement. For at this period of growth most young people want to do things for themselves, without supervision by parents or teachers. They take the leadership, the responsibility, make errors and have them corrected by fellow members.

There are three ways through which S.S.U.H. comes into contact with prospective members:

First, through the personal activity of members.

Second, through the best-informed members who are chosen for educational service in the schools, giving lectures and presenting information on the alcohol problem. It is required by law in Sweden that instruction regarding alcohol shall be given in the schools. Part of this is by authorized lecturers, almost all of whom, for the past ten years, have been S.S.U.H. members. They speak in the regular programs of the schools; and then they announce an evening meeting to form a local group or, if there is one, to discuss the problems and work of the society, give new impetus to the group and its leaders. The cost of this lecture program is paid by the government.

Third, a new way that is connected with the emphasis now being given to social problems. It is an annual contest among all students who want to participate, but mainly those in the Gymnasiums (a near equivalent to American high schools). This contest requires answer to twenty-five questions on social problems such as economic problems, inflation, investments, price control and specialized questions about al-

cohol and its influence on men and in society, literature, sports, etc. The contest has been held only in very recent years, but it is a success; in 1947, there were 14,000 participants, in 1948, almost 20,000.

The Swedish Gymnasium in its present form is a preparatory school or base for university training; its instruction is almost wholly theoretical. As a result, there are not at all as many students in these schools, in proportion to the population, as there are in American high schools. Thus, too, very little time and interest are devoted to social problems. But many teachers and students recognize these questions as interesting; in every such school that participates in the contest there is a teacher who acts as leader and students who want to participate. From these contests, there comes opportunity to S.S.U.H. to select interested students and to develop them for membership. Many new members have come the past few years in this way.

Although S.S.U.H. gains from this situation, we have nevertheless helped to influence the proper persons in the school system of Sweden to modernize the instruction in these schools. A government commission appointed for this purpose in 1946, included one of the most experienced leaders. Appointed as a member of S.S.U.H., he soon became a salaried secretary, with greater opportunity to influence the result.

Welfare Activities

For many years S.S.U.H. has conducted three summer homes for children from homes of poverty, where there was risk of inoculation with tuberculosis. Sent away during critical periods and their resistance raised through a health-giving summer vacation, the frequency of tuberculosis in such children is greatly diminished. S.S.U.H. has provided vacations each summer for about 100 children. This is not much, compared with the need, but it brings S.S.U.H. girls into contact with practical social work. Experienced social workers regard the initiative and personal interest of the student workers and the S.S.U.H. as valuable, and the difficulties involved as minor drawbacks.

There are two prominent features in the S.S.U.H. program that have been in effective operation for years; the mid-

(Continued on Page 106)

Effects of Alcohol On Behavior

By EVELYN LINCOLN ARCHER

LET US REVIEW briefly some of the many experiments that have been performed by scientists in the field of alcohol studies. Nearly two hundred separate experiments have been made with persons to whom various amounts of alcoholic beverage had been given. The purpose was to find out whether alcohol, particularly in small amounts, improved or impaired muscular co-ordination, skill, memory, judgment, and other psychological functions.

Reduces Efficiency

A review of the reports on such experiments reflects that the effect of alcohol is that of reduced efficiency. Alcohol reduces tension and lowers efficiency. When people drink alcoholic beverages they lower their efficiency in a social situation regardless of how proficient they may feel they have become from the drink. Many people drink in the belief that alcohol increases strength, alertness, and brilliance. Other people, realizing that alcohol is a depressant and not a stimulant, drink to relieve tension, to be less alert, to relax. Alcohol does perform this function, but youth does not need artificial relaxation, and young people should wish to be more alert, intelligent, and zestful.

The person who feels that alcohol increases his efficiency should look deeper into his personality and find the underlying cause for his tensions, anxieties, and inhibitions. Then he should employ more constructive methods to increase his confidence, and solve his personality problems, because the person who has an emotional and social maladjustment to life, who uses alcohol to give him confidence, efficiency, and ease, is in danger of becoming an alcoholic.

*Condensed from "Alcohol in the Social Situation," by Evelyn Lincoln Archer, Executive Secretary, Austin, Texas, of the Committee for Education on Alcoholism, in *Social Progress*, Philadelphia, Pa., March '48; used by permission.

Lessens Judgment

The use of the word "depressant" should be clarified. In scientific language it means a lessening of the activity of the brain and thus a reduction of attention, critical attitude, and judgment. The lowering of self-criticism in the timid person relieves him, quite true, but that does not increase efficiency. It only lessens judgment. The word "judgment" covers many complicated thought processes. The more complex judgments show impairment first after the intake of alcohol. Loss of sharpness in judgment resulting from alcohol is always shown in tests of ability to estimate lapse of time. Differences in loudness of sounds and intensity of light enter into the judgment picture in determining distance and speed.

Effect on Skill

Let us see how alcohol affects skilled performance which requires co-ordination in addition to perception. Take the task of typing. One sees the manuscript and must then translate the words into finger motion. The ability of the eyes to observe and of the fingers to respond is slowed by varying degrees after taking small amounts of alcoholic beverage.

On Mental Functions

Let us discuss the effect of alcohol on certain mental functions. What effect does alcohol have on memory? Memory is important in most human behavior. Experiments have shown a reduction up to twelve per cent in persons who have had one or two ounces of whisky. After four ounces of whisky the loss in ability to recall was forty-four per cent.

The conclusions to be drawn from the many experiments are varied, but one fact is unquestionably true: Alcohol is a depressant and not a stimulant. It affects first the higher brain centers which control voluntary motions and the lower centers later as the alcohol concentration increases in the blood stream.

In Larger Quantities

So far, we have discussed the effect of moderate drinking and small amounts of alcohol, and find that judgment is first affected. Let us now consider what can happen when alcoholic beverage is used in larger quantities. What is alcohol addiction and what is alcoholism? Alcoholism is a compulsive dependence on alcohol coupled with a state of emotional and

social maladjustment within the individual. The alcoholic is a person who cannot take the first drink without losing control of his drinking. In other words, he has used alcohol for a purpose for a long period of time and has developed into a compulsive drinker. The word "compulsive," or "compulsion," has special psychiatric meaning. A compulsion is a behavior resulting from an inner drive of the individual which defies reason and judgment. The person so afflicted pursues a line of conduct regardless of his wishes.

The Alcoholic

A person can be afflicted with a compulsion to do things other than drink; a compulsion to be overly neat is a harmless behavior, but carried to extremes it can be quite irritating to those who must live with the crank. The alcoholic is driven to drinking over and over again although his judgment tells him that he should not indulge in that kind of conduct. When such a compulsion develops, a person is an alcoholic and ill. He needs assistance to be rehabilitated. He must learn that it is the first drink which sets off the chain of responses leading to trouble, and he must be re-educated to live without alcohol.

The pattern in the compulsive drinker is a psychological habit and not a physical addiction to alcohol. It is the purpose for which the alcoholic drinks which gets him into trouble. He drinks for escape, for relief from tension, to keep from facing a disturbing situation in his life. Alcohol serves a purpose for that person, and the reward in form of temporary relief seems greater than the punishment that follows.

His Rehabilitation

The rehabilitation of an alcoholic would necessarily embrace a constructive philosophy of life, a fellowship group that would help to fill the needs for social adjustment, and psychiatric analysis to straighten out his thinking, which would lead to a clearing away of his abnormal anxieties, fear, and inhibitions.

In teaching young people about alcohol I would let the facts speak for themselves. There is today a great abundance of scientific material available to interested persons. It is my belief that a person should make no statement at all about alcohol unless he has scientific facts on the subject. The problem of alcoholism is a very complex one. Scientific facts are

not only trustworthy but more interesting than old misconceptions that have no basis in fact. There is ample proof that emotional stability is very important in a complex society; that alcoholic beverage, especially when taken by young people, can cause emotional instability; that alcohol impairs judgment; that in youth, impairment of judgment is especially dangerous because youth lacks social experience upon which to rely.

SWEDISH STUDENTS SEEK FREEDOM FROM ALCOHOL

(Continued from Page 102)

winter "Study Course," or Institute, January 3-6, this year, and the Summer Conference, June 22-25, (the thirty-third annual.—Ed.) this year.

Institute and Summer Conference

The course in January each year includes four days of lectures on social problems, as, for 1949: "Recently Gained Knowledge about Alcohol," and "the Kinsey Report," both by highest standing scientists: "European Economic Problems," a Round Table on future schools by the student leaders responsible; a presentation by the head of Swedish preventive and therapeutic medical service; a movie giving basic information on social economics, "Women in Work—and problems arising therefrom," and between the sessions much opportunity for discussion of groups with the lecturers present to answer questions. Members from every district and nearly all the interested schools attend, from 400 to 500 each year.

But none of these "features" are devoted entirely to lectures, discussion and the preparation of future programs. By using a part—or all—of the nights, there is time enough to have lots of fun, both that which has been arranged and in improvised parties at the "small hours." And then romance blossoms. This last may be one of the largest features of S.S.U.H. Yet, doubtless, every person of whatever age understands that the possibilities of having a good time and of meeting some special "subject" of the opposite sex are often main influences behind a decision to join such a movement.

And I conclude by reporting that S.S.U.H. this last year has grown rapidly again, and now has 6,000 members.

Basic to All Progress

Is a Constant Stream of New Leadership

By HARRY S. WARNER

THERE ARE many *different ways* to aid solution of the Alcohol Problem; but there is only one that is *basic to all*, to educational as well as to other approaches; to all activities, organizations, movements—that is, to reach and win through modern scientific education, the intelligent devoted support of college-trained young men and women, the “leaders of the coming leaders of public opinion.”

And the most self-multiplying service that can be rendered is through (1) college students; and (2) high-school teachers.

For this simple reason:

1. That 5% of the general public think, act, initiate.
2. 30% follow intelligently and discriminatingly the leadership of the 5%.
3. 65% just drift, pay little attention to anything before it happens.

If the major portion of antiliquor attention and financial support could be applied for a generation to the 5% and the 30%, social custom and public opinion could be so changed and a sufficient force of leaders developed to make possible the removal of the Liquor Cult by democratic processes from American Culture.

Constructive Emphasis

The Intercollegiate Association has been emphasizing this positive approach; That the non-Alcohol “Way of Life” is the normal way of life—that dependence on mild stages of intoxication for social enjoyment or escape from tired feelings, is mere drug-escape—a “crutch for lame ducks”; that leadership to change the cult of alcoholic release, of escapism and unhealthy indulgence, naturally must come from colleges, and their alumni now in positions of social and public influence.

Ten years ago, May, 1939, THE INTERNATIONAL STUDENT in an editorial, “A Neglected Emphasis” asked:

“And why should not the prestige of social drinking be

questioned—the drinking at alumni banquets, formal dinners, cocktail parties, the clubs of ‘big business’ and lesser business, the afternoon gatherings of the socially élité? Why should not these customs be evaluated in the light of modern scientific knowledge? Of practical experience of how they dominate the lives of millions who follow unthinkingly the fashions of the ‘privileged’? Why not analyze realistically—or debunk—the welter of literary and social traditions that have grown close around the milder stages of alcoholic intoxication through past ages? Such a service can best be given by college and university leaders, for the college community, the state and the nation.”

“EDUCATION” OR EDUCATION: WHICH ?

By WAYNE W. WOMER*

THE LIQUOR industry is now, through a carefully planned approach, making supreme efforts to project alcoholism education into our public press and institutions to replace the truth about alcohol which they desperately fear and ruthlessly fight. This has now become a serious and dangerous threat to decency and sobriety, and if their program becomes successful, will delay the progress of real temperance for fifty years.

What is the Difference? Definitions:

1. *Alcoholism* education provides for instruction seeking to prevent alcoholism (drunkenness) but allows for the use of alcoholic beverages and advises moderation.

2. *Alcohol* education provides for instruction relative to alcohol—teaching what alcohol is (an anesthetic) and what it does. It lowers efficiency, makes for habitual use, lessens vital mental processes, weakens will power and slows muscular and nerve reactions. This type of education seeks to point out the danger of its use in any amount at any time as a beverage.

*Wayne W. Womer, Executive Secretary of the Virginia Church Temperance Council, Richmond, a member of the First Yale Summer School of Alcohol Studies, is illustrating in his own effective service how the basic scientific information that comes from Yale and other high Research Centers may be used in positive and constructive—and not destructive—education toward removal of the Cult of Alcohol from American life.

Good Morning, Judge

By LEWIS DRUCKER

Judge of the Municipal Court, Cleveland, Ohio*

"GOOD MORNING, Judge." How varied the circumstances under which I have listened to this most familiar salutation!

As voiced in the courtroom, this greeting presents a cross section of human emotions, attitudes, tragedies. Like the lifting of a stage curtain revealing a tragic series of events from life's other side, "Good morning, Judge" is the prelude to unfolding dramas from actual life; dramas in which a judge ceases to be a mere spectator, but in which he must take an active part; dramas for which there have been no rehearsals, and of which the cues are often furnished unwillingly and yet spontaneously.

Now let me write specifically of John's case.

I shall not soon forget that morning. The usual salutation was different. It is not often that a prisoner feels free enough to include the judge's name. As if sensing my lack of recognition, the defendant addressed me: "Good morning, Judge Drucker." Looking up, I saw before me a familiar face, now somewhat dirty and unshaven, lividly lighted with one of those sickly smiles that accompany the feeling of conscious guilty shame attempting to appear bold and courageous. Hair tousled and clothes the worse for wear, he was a dejected-looking specimen.

"Good morning, John," I replied. The tension was broken. The clerk who was conducting things in the usual routine manner, unmindful of the little byplay that was going on, droned out in his usual monotonous voice: "Guilty or not guilty?" John turned to the clerk and then back to me, lowered his head and mumbled: "Guilty." The prosecutor then read the warrant and invited the policeman to tell his story.

*This article is from *Listen, A Journal of Better Living*, Washington, D.C., Oct.-Dec., 1948. Used by permission.

John had been picked up by the squad car as the result of a call. The police found him on the street outside the café where apparently he had been deposited after violent ejection proceedings. When the police prosecutor asked the officer to tell his story, he turned a few pages and then read from his notes: "Judge, the defendant started swinging when I approached him. He had, according to the statements of the witnesses, thrown several glasses through the bar window because the bartender had refused to serve him. When an attempt was made to calm him down, he threatened to wipe the floor with the bartender and all his friends. When I came to the scene, he was already on the street; but, Judge, this boy has given our precinct considerable trouble. The neighbors say he is well behaved generally, but goes 'nuts' when he gets drunk."

"Has he been arrested before, and can we get a report from the probation officer?" I asked.

The reliable and faithful Bob Miller, who is supervisor of our probation staff, and who has manifested a deep interest in alcoholics, then spoke up: "Judge, this fellow has a history. You probably remember seeing his name in the papers. He once was the speedy halfback of the championship Senate Team. He was an all-around athlete and was regarded as excellent material for one of the large eastern colleges. *He tells me that he began to drink while he was at high school, starting in with getting 'high' at parties tendered to the football team after the season.* I have talked with his mother, the principal of the school, his teachers, and several employers. He has been working ever since his graduation, but because of his drinking he has not been able to hold a job long."

Suddenly a comely woman, nervously clasping and unclasping her hands, stepped up to the bench and said: "Judge, I am John's mother." There was an air of refinement about her which was in deep contrast to her face, marked with sorrow, anguish, and care. Her hair seemed prematurely gray. Her lips were trembling, and she put her arm through her son's, who now stood with his head down. "Judge, it is not his fault. I feel as much to blame as anyone else."

She sensed the critical eyes of the crowded courtroom, but was concerned only about John. Her shoulders seemed lit-

erally to sag with the burdens of the responsibility she was assuming. Courageously she spoke: "Yes, Judge, it was not his fault. Although he was a splendid athlete, he was shy, self-conscious, and couldn't seem to find himself at ease when he was out with the boys. I urged him to be a 'good sport' and drink with them if it gave him self-assurance or increased his confidence. I knew he liked the parties, and I used to find it amusing when he would come home a little 'high' and tell me how gay he had been. We thought it was clever, without realizing that he became the good sport, the 'wit' of the party, the 'hit' of the evening, only after he had had several drinks.

"When he was graduated from high school he was offered a well-paying job at one of the sporting-goods stores. He used to bring his salary home, but then would tell me that he would have to go out with the coaches and prospective customers in the evening to build up good will and promote sales. It was then that I began to notice that his drinking was more frequent and that we had to put him to bed several evenings a week when he came home. It was my fault. I should have warned him, but I didn't understand."

John straightened up as this recital reached its end, put his arm around his mother, shook his head and said: "No, Judge, she isn't telling you all the truth. Our troubles started when she began to complain about my drinking. She pleaded with me, but despite her pleas, remonstrances, and many midnight sessions, I kept on drinking. I found that I could no longer control it. It was easy at the beginning. I would feel pretty good after a few drinks, and I thought I could handle it. I envied the so-called big shot who could stand up at the bar, entertain an audience, tell stories, and down his drinks with ease. I soon found that I couldn't sell unless I had some liquor in me. It seemed impossible to go through the day without it. *I thought I could control it. I thought I could stop any time I wanted to. But I found myself drinking more each day.* I have been a burden to my mother. I have been given every chance by my employers. I went from the sporting goods house to another store, and then to an office, and, *Judge, I have been fired from six or seven jobs during the last year, but,*"—and as he continued he looked at me with an earnest appeal in his eyes, somewhat sobered apparently as a result of his own confession and

his mother's plea,—“Judge,” he said in a louder voice, “send me to the workhouse. I have disgraced my family, I am no good, I am nothing but a bum, that's where I belong.”

I looked questioningly at the probation officer, who in response to a question that I had not asked, said: “Judge, John has been in several times already. He always seems to be remorseful after a ‘binge.’ He promises to behave and quit drinking, and then after a while we hear of him again getting into a row in some cheap spot or café. I don't know whether further probation would do him any good.” I reasoned to myself that it was unfair to admit failure. I knew that incarceration was not the remedy. The boy was really sick. He needed medical attention and guidance.

I wanted to appeal to his former accomplishments on the gridiron. I thought I could build up his self-assurance and pride. I thought, too, that he should know that others had faith in him, that he was not alone and forsaken. Starting to talk very slowly and earnestly, I said: “John, I used to go to the football games, and more than once I saw you make yardage through the line when it looked as if not even a battering ram could make headway. I remember how you would lower your head, change your pace, and even when your interference had been bowled over, you dashed, turned, straight-armed determined tacklers, and went on for a long run. I will admit, John, that this is not a football game; but you had courage then, you seemed to have faith in yourself. It isn't that alcohol has licked you; you have allowed yourself to be licked. John, you are an alcoholic, and you know it. You need medical help. You need the help of others who after going through what you have suffered know how to help you. They still think that you have some good stuff in you, and they are ready now to extend a helping hand. John, even in a football match you couldn't win alone. You needed the help of the rest of the team. You ran better behind interference. Why not let some of my good friends be your interference? They will help you tackle your problems. They understand you and they are willing to devote their time and attention to help you. Will you let them help you? Don't you think you ought to be willing to admit now that you can't control your drinking yourself, that you need the fine spirit of the team

to help you make the goal back to sober and decent living?"

John straightened up. It was a pleasing response that I read in his face, and then a look more grim as he set his jaws. "Judge, I need help and I want to bring a little joy and comfort to my mother. I want to fight this thing. Will you give me another chance?"

"John, there is no question of your being guilty of assault and battery, and under the law I am compelled to sentence you to the workhouse for ninety days. The sentence, however, will be suspended, and you will be out on probation for one year. I want you to take this book with you and read it. It is called *Alcoholics Anonymous*. Read it, and then I want you to come in to see me. There will be several of the boys of the Alcoholics Anonymous groups who will talk things over with you. They have faith in you, and I want you to have faith in yourself and in them. They are fellows who, like yourself, tried liquor and found that they were enslaved by it, helpless to rescue themselves from its tyranny; *but they discovered that only by being willing to accept the help of a greater power than themselves could they salvage their lives from ruin. If they found help in that higher power, you can, too, John.* Goodby, John, and the next time you see me, I hope you can tell me you have found the same great deliverance."

Comparing Alcoholic and Non-Alcoholic Ways of Life

The advocates of total abstinence are practitioners of a nonalcoholic way of life which gives them much satisfaction. Many total abstainers have been sufficiently familiar with the use of beverage alcohol personally as to have a basis of comparison between alcoholic and nonalcoholic ways of life. They know from experience, therefore, the abiding values of abstinence. If it be argued that the moderate drinker may also have an experience with the nonalcoholic way of life and has consciously adopted the use of alcohol, all we can say is that the conclusion to drink carries more social responsibility than the conclusion not to drink. This statement is made on the premise that those who drink alcohol moderately cannot be certain that they will not drink it immoderately at times and become a social liability. The number of people who figure in accidents where alcohol is involved are seldom dead-drunk. They are simply under the influence to an extent which makes them mechanically dangerous.—DR. EARL F. ZEIGLER, Editor for adult publications, Presbyterian Board of Christian Education, in a lecture at Yale Summer School of Alcohol Studies, 1947.

Social Factors Are Chief

In Drinking

A Review

A STUDY of very immediate interest to students, teachers and *all who seek dependable information* on which to base further study or take steps toward solution, regarding the alcohol problems of today, has just been completed by Dr. John W. Riley, Sociologist, and his associates, at Rutgers University. It is a scientific examination of the motives that people have for drinking alcoholic beverages. A report is published in the *Quarterly Journal of Studies on Alcohol*, December, 1948.

Conducted by the sampling method among 2,677 persons, of which 65 per cent indicated that they sometimes drink, the replies "pointed to a major division into reasons which are called social, where the respondents attribute their drinking mainly to the stimulus of the social situation in which their drinking takes place; and to reasons called individual, where the respondent attributes the main reason to the pleasurable effects or consequences of their drinking."

Briefly, social reasons were chief in 43 per cent of the answers and individual reasons in 41 per cent. Both social and individual reasons were indicated in 6 answers, other reasons in 2, and no reason in 8.

"Much more frequently than any other single reason, people say they drink 'to be sociable.'" This reason was given by 18, the next to it was the personal reason, "makes me feel good," by 16. The bulk of social reasons were stated in general terms—"just to be sociable," "because all our friends drink," "to be a good sport."

The following answers express group pressure:

"The Motivational Patterns of Drinking," by John W. Riley, Jr., Ph.D., Professor of Sociology, Charles F. Marden, Ph.D., Assistant Professor of Sociology, and Marcia Lifshitz, A.B., Research Assistant in Sociology, all of Rutgers University, New Brunswick, N.J., in *The Quarterly Journal of Studies on Alcohol*, Dec. '48, Vol. 9, No. 3.

"A young New Yorker, recently discharged from the army: 'Liquor is always sold in the places I frequent. You can't have a soda in a night club. It's just not done.' "

"A Pennsylvania housewife: 'People think you're dead if you don't drink.' "

"A well-to-do professional woman, wife of an architect, New York City: 'I hate to make a fuss about refusing. I don't like to be a poor sport.' "

"A poor, elderly, west-coast farmer: 'Just to be a good fellow. You make people mad if you don't.' "

"The wife of a Kansas City service station attendant: 'Sometimes when we have company I drink it to be sociable.' "

"A young rural Wisconsin school teacher: 'I guess just to be sociable. I don't care for it at all. I just choke it down.' "

"A lineman for the telephone company in a southern town: 'All of our friends drink, so we drink too.' "

"A young nurse: 'I go to the dance hall and everybody else is drinking, so I just drink too.' "

Others gave personal reasons, that it made them feel important, relieved fatigue, helped forget disappointments, gave a lift or just kept them going.

It was significant that the "newer addition" to the drinking population—women and young people—usually drink for social reasons. In the age group 21-25, these reasons were dominant, with 51 per cent of those replying; and in this same age group, 61 per cent of the women drinkers ascribed their drinking to social motives.

As a rule, the "social" drinkers drank less frequently than those with other reasons. The social motive was decidedly stronger in Wet than Dry areas, the percentages being 46 to 29.

The social motive is stronger among women than among men; among the young than among the old; among the occasional than among the regular drinkers.

Change in Fashion Would Help

The author says: "The effect of instituting such a small change in fashion, for example, as the serving of both alcoholic and nonalcoholic beverages at gatherings, and in such a manner that either choice seems appropriate, might be, in the long run, far reaching."

This is important for the alcoholic who has succeeded in regaining his sobriety, for adults who do not like to drink or have been advised by their physicians not to drink but who attempt to "choke it down" just to be sociable. It is particularly important for young people who have not become regular consumers of alcohol but who do not feel they have the prestige which would permit them to resist custom.

TWO FIELDS FOR EDUCATION

MUCH MORE must be done in the schools to educate the young. By the time the children grow up they become used to the mask that society allows to cover the hideous use of alcohol. The surest way to strip this mask away is to teach from the earliest days of childhood the exact nature of alcohol and its effect on the human body. This teaching must be given by means of carefully prepared textbooks, the facts in which cannot be denied or questioned. The teaching must be compulsory and *subject to examination*. One of the reasons for the abnormal drinking of young people is the laxity in this matter. The young are drinking.

In spite of the wonderful stories we could all tell of those who have been rescued from drunkenness, it is a well-accepted axiom that the drinker is usually settled in his habits. Many so-called cures are temporary and the way of those who seek to redeem such is too often disappointing.

Education must also be applied to the moderate drinker. Long experience has shown me that *if we are ever to control the trade, it will have to be by converting the moderate drinker to the necessity of reform. He holds the key to the situation*. Moderate drinkers are among the reasonable people of the community. These constitute the majority. Their votes are essential to our success. It would appear that thousands of them would cooperate with us if they could see a reasonable chance of success.—*The Tribune*, Capetown, South Africa, Aug. '48.

The Modern Bar Fly

By WILLIAM R. MCKAY

Judge of the Superior Court, Los Angeles, Calif.

IN THE DINGY half-light, in the thick, miasma of tobacco smoke and alcoholic fumes which are the atmosphere of the innumerable cocktail bars of our cities, a new character has entered the American scene. It is the female bar fly. She is of all ages and social conditions, sometimes young enough to make one suspect the barkeepers of serving drinks to minors, sometimes mature enough to invite conjecture over the number and age of her grandchildren. Often unescorted, she admits male strangers to her conversation and lets them stand treat without reciprocity. Her talk is free, her manners indecorous. She resents no gambit of approach which is barely short of intolerable affront. Hour after hour, day after day, from early evening to closing time, this new character is a visitor at the modern saloon.

Drunkenness among women is blamed by top police officials for prostitution. Women don't usually consider prostitution until they become alcoholic. Alcoholism is a contributing factor to other crimes by women also. Alcoholism breaks down the moral fiber of women. The barkeepers and male habitués regard and deal with the female bar fly from an attitude of mingled contempt and predatory interest.

Most of such women have husbands and homes. Many of them have children of tender age. The majority have jobs. Not a few are still in school. Not one of them is aware that she is toying with a dangerous explosive. She is dulling her mind against knowledge and poisoning her body against normal healthy functions. She is the laughingstock of the very men whose casual society she welcomes over a liquor glass.

Of course this is morally bad. Obviously, it contributes to juvenile delinquency, because mothers neglect their homes

*Slightly condensed from *Listen*, a new Journal of Better Living, Washington, D.C., Vol. I, No. 1.

and children while they spend their time in these places saturating themselves with drinks. Something must be done about this insidious moral cancer. The most desirable treatment would be self-regulation—first, by the women themselves, awakened by the foolish degradation of these women; second, by the saloon keepers, against whose interest it is to encourage the situation.

Mrs. Dora Shaw Heffner, director of the California Department of Mental Hygiene, has stated that the records show the distressing fact that *one third of the inmates in institutions in California who are confined because of chronic alcoholism are women*. Most of these unfortunates are placed in mental institutions on petition of their loved ones. *Scores were cocktail bar habitués at the time they were brought up before the psychopathic court*. Weeping parents, distressed husbands, fathers, and brothers reported tearfully that these women could not be persuaded from the cocktail bar habit. This sad and ugly scene is something to ponder upon seriously before we are face to face with a degree of decadence and immorality beyond the power of cure and difficult to extirpate.

EYES OF THE DRINKING DRIVER

ONE PROBLEM FACING us is the driver who partakes of intoxicating beverages and then attempts to operate his motor vehicle. Medical reports have proved that even one drink of an intoxicating beverage, no matter how small the amount, will affect a person's eyesight; therefore, when we consider that 95% of our driving clues are received through the eyes, it is very apparent how dangerous the combination of drinking and driving can be. I have made a strong reference before to personal discipline and in the drunken driver we find a person who has thrown discipline completely aside. He may be under ordinary circumstances a law-abiding leader of his community, yet when he drinks and drives he not only breaks the law but endangers the life of every other person on the highway. He is placing

himself in the same category as a person wielding a loaded revolver in public for when he is drinking, his motor vehicle becomes a dangerous weapon of death and destruction.—O. K. Murray, Bureau of Highway Safety, State of Pennsylvania, in a lecture at the Pennsylvania School of Alcohol Studies, June-July, 1948.

ALCOHOL AND CRIME

THE FIRST EFFECT of alcohol upon the police problem, is to be found in plain, ordinary drunkenness, followed by chronic alcoholism and then by drunken driving, fighting, and the commission of innumerable nuisances.

Dr. Ralph S. Banay, Research Associate at Columbia University College of Physicians and Surgeons, recently addressed a meeting sponsored by the University and the Research Council on the Problem of Alcohol, and called attention to the fact that alcohol acts as a "release mechanism," causing an explosion of those personality potentials which impel to crime.

All of us have criminal impulses. Probably the majority of people have an inclination to take what they want when they want it, and to strike out violently when they are irritated or estopped from what they want to do. The man who is free from alcohol has these impulses under control; his intelligence, moral convictions and realization of the necessity to conform to social regulation, determine his conduct. The inner man of crime and violence is kept under; sometimes, his very existence is hardly realized.

But alcohol suppresses the higher controls, unseats civilization, removes the inhibitions upon conduct. The submerged impulses come to the surface and crime results.

Just how much crime is caused by drinking must remain undetermined. Some criminologists have said that alcohol is responsible in some degree, for about 25 per

cent of all crime. The average policeman will tell you bitterly, that it is responsible for three-fourths of all his troubles, while more than one judge has attributed to drinking at least 90 per cent of all the criminal cases coming before him. Whatever the percentage, it is enough to make quite evident the fact that the profit percentage in the whole alcohol custom and traffic, is simply not there.

Steps Toward Prevention

By R. LOFTON HUDSON

THERE ARE over 3,000,000 excessive drinkers of alcoholic beverages in the United States. Five per cent of the adult male population are chronic alcoholics, and 1 per cent of the adult females. There are at least 750,000 people who are confirmed alcoholics, afflicted with one of the worst diseases known to man. Only about 40 per cent of these can be rehabilitated at present, even if they could get the proper care. And the rate of chronic alcoholism increased 13 per cent between 1940 and 1945.

The general public does not know that every drinker is a potential alcoholic. That is, social drinkers becomes excessive drinkers and excessive drinkers become alcoholics. To be exact, about one out of every twenty users of alcoholic beverages becomes an addict. Two-thirds of the chronic alcoholics began drinking in high school, and one-third at the college age level.

We do not know why some drinkers become alcoholics and others do not, but we do know it is impossible to know in advance which ones will become addicts.

What can we do to help change these social habits?

First, we can join the 50 per cent of the population over fifteen years of age who are abstainers. The people who drink moderately are not only responsible for their own excesses

*Condensed from "The Prevention of Alcoholism," *Baptist Training Union Magazine*, June '48.

or the possibility of such, but for those who become addicts. Practically all alcoholics start drinking in a social group. Later they usually become solitary drinkers.

Second, we should dramatize the nature of alcoholism. People generally do not have an idea of the seriousness of this disease. It is worse than tuberculosis or cancer. The best psychiatrists tell us that it cannot be cured; all that can be done is to arrest the case. Space forbids the showing of relation of alcoholism to disease, crime, divorce, wage loss, poverty, and unhappiness. There is hardly a factor in modern life that takes such a heavy toll of human personality.

Third, educate on the nature of drinking habits. Why do people drink? Some drink as a part of their revolt against authority, some over a feeling of inferiority, some because of social pressure, and others for a number of complex reasons. A man cannot intelligently love his fellow man and help to foster a custom that destroys his weaker brothers and may destroy him. Drinking may be looked upon as a symptom that the inner man, the spiritual machinery, is not functioning well. A well-adjusted, happy Christian does not need alcohol to support him. He can have joy even when the wine is not red.

Finally, emphasize the Christian principal of moral behavior. The principle of our "brother's keeper," of not destroying the weaker brother by our practices is very clear. What will the drinker do with that passage about causing "one of these little ones" to stumble? Children are indirectly the greatest sufferers from alcoholism.

I heard Dr. Alfred Crabb, novelist and teacher, say one day in class, "We hear a lot of talk about 'social drinking,' actually, there is no such thing. It is all antisocial." Looked at objectively and in the light of modern science, few would wish to disagree with this viewpoint.

Ordering six subscriptions to THE INTERNATIONAL STUDENT "The copies are distributed in the various barracks lounges for the use of the cadets . . . greatly appreciate having a copy of *The Liquor Cult and Its Culture* for circulation among the boys of the corps."—HARDIGG SEXTON, Chaplain, Culver Military Academy.

I Am Alcohol

By HARRIET ALLER

Senior High School, Yakima, Wash.

THIS PAPER represents the keen writing of the winner of first honors in the Roberts Memorial Contest at the Yakima, Washington, high school, the second week of January, 1949. The contest is held annually, with high competition, as a result of the prize awards, established years ago, by the Roberts Memorial Fund of that city—a long-continuing educational project on the alcohol problem.—ED.

I AM alcohol.

Throughout the centuries I have meant trouble with a capital "t" to man. Man has tried all sorts of schemes to outwit me; locking me in basements away from the children or the weak of will; drinking me only at festive occasions; closing the bars on election days and earlier at nights; putting me a fixed distance away from schools and military camps; diluting me with water; and hemming me in by laws; yet I still outwit him.

I have various ways of reaching people, very up-to-date methods and far-reaching. You can see me in some sort of form in 50% of the movies. This is where I influence most of the teen-agers and make myself appear as a necessity for social popularity. Indeed the movies are my allies.

The billboards, which blot out much more beautiful scenery than my pictures, are put up by my business managers. They really make me look quite appetizing and this helps to remind drivers to try me at their next stop.

On the radio I reach millions of people. I make their mouths water listening to false statements—appealing in the summer to the need of sitting down to a tall, cool glass of beer, and the winter as a warmer-up and at all times as a show of hospitality. No family is supposed to be a good entertainer without me. I add such gay life to the party.

I always have a beckoning finger for the younger set, for if one generation should not learn to like me I would be through. Always my business managers are using old methods dolled up in gayer, more colorful ways to draw

(Continued on Page 126)

The Cult of Alcoholic Culture

"Seek the Truth
Come Whence It May
Lead Where It Will."

"Acutely Before Us"

"Alcoholism is on the increase," says the National Committee for Education on Alcoholism . . . "the problem of alcoholism is acutely before us . . . there are an estimated 4,000,000 alcoholics in the United States, of whom 750,000 are in the final stages of the disease. . . . At least 12,000 die every year from chronic alcoholism."

Best Advertiser

The alcoholic and other excessive drinkers are poor propagandists for the liquor business, but the moderate user of beverage alcohol is the best advertiser that the liquor industry has.—DR. EARL F. ZEIGLER, Philadelphia, Pa.

They Need It

We are trying to educate the people in our industry to obey law so that the good will of the public will continue.—A Liquor Representative in a public forum.

Skid-row or Upper Brackets?

Most of the true alcoholics are in the middle or upper income brackets. "No more than 10 per cent are in the skid-row types," is an opinion expressed by Mrs. Marty Man of the National Committee for Education on Alcoholism, as quoted in the *Los Angeles Times*. Also that alcoholism has increased from 10 to 25 per cent since the war. This increase is "because in many cases, the habits were established several years ago in young people who had never drunk before."—*Clip Sheet*, Washington, D.C.

1948 Foodstuffs Not Sent Europe

With millions of starving, war-shattered persons appealing for bread, the makers of alcoholic beverages consumed 4,344,646 tons of grains and fruits and 199,814,590 gallons of fruit juices and extracts in making intoxicants in the United States during the fiscal year ending June 30, 1948. . . . Brewers and distillers used 70,942,756 pounds—1,182,376 bushels—of wheat in making whisky and beer, enough to provide 1,000,000 persons with a loaf of bread for 38 successive days.—American Business Men's Research Foundation, Chicago, Ill.

Spreading Cult

Out of every 100 Americans over 21 years of age, 65 now use liquor. A recent Gallup Poll shows that 64 per cent of adult Canadians are users of beverage alcohol.

Drunkenness

They fling him hour by hour,
Limbs of men to give him power;
Brains of men to give him cunning, and for daintiness to devour
Children's souls, the little worth; hearts of women, cheaply bought;
He takes them and he breaks them, but he gives them scanty thought.

—WM. VAUGHN MOODY.

Alcohol Advertising

"In the theater,
On the radio,
On the signboard,
In the papers and magazines
I say what I'm paid to say.
"But in the laboratory,
In the wrecked automobile,
In the city jail,
In the roadhouse,
In the veins of the drunk,
I tell the truth."

—*Maryland News.*

Range in Mental Disturbance

Mental disturbance due to alcohol ranges from slight intoxication to the various psychoses, alcoholism, and permanent mental derangement. Meggendorfer says, "That acute alcoholic intoxication is not designated as a mental disorder is simply due to a tacit agreement because of the consequences which such a designation would involve. In reality acute alcohol intoxication is a poisoning of the brain and can be placed side by side with the severest mental disturbances which are known to us."—DR. E. M. JELLINEK, Yale University.

"Unsocial Activities"

"I remember hearing a lot of promises. If prohibition were repealed, things would be different. None of the many unsocial activities that had beset our industry would be permitted. None of the illegal acts would be repeated.

"What may puzzle you, as it does me, is how quickly our industry can forget."—RALPH W. KETTERING, National Beer Wholesalers Association, speaking at Atlantic City, N.J., May, '48.

We hear a lot of talk about "social drinking." Actually there is no such thing. It is all antisocial drinking.—DR. ALFRED CRABB.

Seeking Freedom From the Cult

Constructive Activities

Integrate Personalities

Education must work harder at developing integrated personalities, stable individuals. Alcohol is often resorted to as an anesthetic to escape from personality inadequacies. The fact that escape is illusory and destructive makes no difference. Though temporary it looks easy and inviting.—JOHN L. C. GOFFIN, M.D., Board of Education, City of Los Angeles.

Seeking Freedom of the Press

The press will never be free until it refuses liquor advertising. Until this is brought about, editors will always keep an eye on opinions that might influence their customers.—*Die Kampvegter*, Cape Town, South Africa.

"Creeping Paralysis"

Local option gains in North America are giving the liquor interests the jitters. "Creeping paralysis," they call it.—*Temperance Advocate*, Toronto, Ont., Nov. '48.

Is There a "Best Way"?

Education about alcohol is essential, but not enough; restriction of the liquor traffic by law is essential, but not enough; enforcement of all restrictions is essential, but not enough. Only when all three work together, will best results follow.—*Hammer Away*.

A First Step

Students can be taught to penetrate the false front of propaganda and to look behind the spurious arguments and glittering promises of those whose interest it is to perpetuate an individual and social blight.—JOHN L. C. GOFFIN, M.D., Board of Education, Los Angeles, Calif.

A.A.'s at Work in Britain

The Fellowship of Alcoholics Anonymous, with a record of no less than 70,000 men and women from all walks of life rescued from the distress, the disease and the humiliation of drunkenness, reached England in March, 1947. Week by week members are being enrolled.

"Let me give my personal testimony. I was forty-four when I heard A.A. For seventeen years I had been a heavy drinker, and for eight of those years had suffered from severe bouts which became more and more serious. All manner of treatments I had tried in vain. I could not stop . . .

nor was there inclination to stop. One day I met the man who introduced A.A. to this country. He was a Canadian . . . his own home and happiness saved by A.A. . . . I went with him to one of the meetings, renounced alcohol and have not tasted it since."—Condensed from the *British Weekly*, Sept. 30, 1948.

I AM ALCOHOL

(Continued from Page 122)

the teen-agers into my unhappy crowd. I'm supposed to be just the thing to make one popular. I let it be known that if I'm not included the parties would be a flop.

Beautiful girls with that come hither look, cocker spaniels with big brown pleading eyes, men of high distinction, arts in all forms, and the appeal to home life are some of the themes used in magazine articles for my benefits. I lure thousands to become drinkers every year, one out of twenty to chronic or habitual alcoholism.

Of course this is one side of my story, but sorry to say I have a more tragic side; I can't overlook it because its sadness far outweighs my supposedly happy effects.

I am the worst enemy of our social, moral, and economic life, I degrade man to the level of a beast and often drive him to crime. Oh, how often I have caused quarrels between two lovers and have driven one to murder and destruction.

I ride behind the steering wheel in the nerves and muscles of the drinking driver, giving him a false sense of security and power. I lengthen the time it takes him to give an answer in action to the danger he sees ahead. Through him I scatter wounds, crippings, and death all along the highways of the world, causing misery to everyone. Through one drinker I affect every man, woman, and child in this country.

My favorite hangout is the home, either through the father, the mother or maybe a child. I destroy wholesome family life. Even if only one member drinks me I affect the whole family by undermining the prospects of youth, weakening the security of age, and destroying, especially the happiness of little children. The drunken father takes it out on the children and his wife. The mother shirks her

duty of caring for her children, leaving them for a trip to the social bar. The youth brings shame upon his parents causing them worry and often spending their money for this folly of his.

I can be associated with a nice clean-looking swanky hotel or a money looking house, but I am seen more often in squalid taverns, ugly slums and filthy gutters.

I cause unhappiness wherever I go in crime, vice, broken homes, neglected children, social diseases, poor health, uncontrolled appetite, and in general pull people down to my level.

Yes, I have a sad story. Why, oh, why, people don't leave me as a helpful friend, I don't know. I am a poison. I am not a food nor a stimulant. I have wrecked more lives, starved more children, and murdered more women than any other single factor.

I will yield my age-old sway over mankind only at the stern insistence of those strong enough to live without me and unselfish enough to deny me to those too weak to stand alone.

I am alcohol!

If it were not for the circle of innocent victims that always surrounds the person who drinks too much, we might be tempted to say, "Let him or her swill himself or herself to death and be done with it."—DANIEL BERGSMA, State Health Commissioner, Nov. 4, 1948, Woodbury, N.J.

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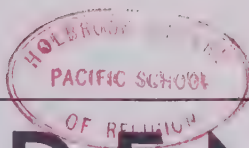
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APRIL
1949

STUDENT

OF LIQUOR IN LIFE TODAY

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UNIVERSITY COLLEGE,
UNIVERSITY OF TORONTO, TORONTO, CANADA



"Democracy
is something
deeper than
Liberty; It is
Responsibility"

THE INTERNATIONAL STUDENT

APRIL, 1949

Vol. 46, No. 5

HARRY S. WARNER, *Editor*

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International Student Council

TO BE COMPOSED of the Correspondents and Representatives above listed, an Editorial Council, largely students, was approved at the annual meeting of the Intercollegiate Association, February 28, at Columbus, Ohio, to aid the INTERNATIONAL STUDENT, as follows:

1. To reflect college opinion and attitudes toward study and solution of the alcohol problem;
2. To report constructive activities undertaken by students, groups and faculty members;
3. To suggest material and emphases to make THE STUDENT increasingly effective in its field;
4. To encourage study and discussion of the problem in college groups;
5. To extend use and distribution of the INTERNATIONAL STUDENT among college groups and leaders, including group leaders, to receive gift subscriptions.

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The Doctor Looks at Alcoholism*

By ROBERT V. SELIGER, M.D.

IN A PRACTICAL, scientific survey, one is neither "damp, dry, nor wet" but considers the goal of sound health—physical and psychological—to be a basic imperative for us all.

The fact that alcoholism is now a subject for medical meetings, civic forums, and industrial conferences, in contrast to years ago when this problem was not even touched upon in many medical schools, much less recognized by most leaders, or under research, is a fact that is heartening.

We would all be pleased if this behavior illness problem were not so prevalent in our contemporary society. Its ravages are worse and more varied, than those of any other specific known medical or psychiatric sickness. The toll it takes each year in lives, due to alcoholically induced accidents; in happiness, due to marital and family life upheavals produced or increased by alcohol; and in cash, from the home budget to State and Federal funds is a toll greater than we can calculate, for the intangible serious aspects of alcoholism—the symptom of illness—are at least as many as the tangible ones.

Increased Awareness an Asset

On the asset side of the definite increased awareness of and organized interest in alcoholism, are the facts that today nearly all recognize that there is a difference between "social drinking" (even when hangovers are in-

*Condensed slightly from an address by Dr. Robert V. Seliger, Psychiatrist of Johns Hopkins Hospital, Baltimore, Md., at the National Council of the New Approach to the Alcohol Problem, University of Chicago, Apr. 27-30, 1948. From *The National Temperance Digest*, Sept.—Oct., 1948.

volved) and alcoholism; that the alcoholic is a sick person, not just a "bad actor," and that alcoholics as a class are no longer classifiable as "bums" and "drunks." Many of our most intelligent, versatile and useful citizens have alcohol problems. They are, medically speaking, alcoholics, and require treatment for the underlying causations and to learn how to live without ever again using this socially acceptable, ever-present beverage; also how to live in harmony with themselves and others. The nervous, irritable qualities of temperament that, aside from any psychiatric illness, so often underlie the drinking pattern have to be changed into calmer and more mature acceptance of distasteful facts. Treatment, by whatever method, essentially consists in this achievement: of helping an individual to change (or strengthen) his personal reactions to the world he lives in and to other people, and never again to touch alcohol in any form.

Social Drinkers as A Problem

Now, when we use the terms "social drinking" and "alcoholism," what is meant? Medically, an individual is considered to be an alcoholic if his use of alcohol interferes with one or more of his important life activities, as for example, his job standing and ability, his reputation, his home life. This interference is shown in behavior; in his inability to stop drinking at will; in the fact that alcohol "handles" him. Promises, resolutions, even threats are powerless against this domination. In contrast, the social drinker can stop drinking at will. He limits himself to several drinks, except at parties and even then usually stops short of getting drunk to the extent of not knowing what he is doing. The social drinker may be injudicious in speech or action, but does not so lose self-critical judgment as to be involved in jams, fights with strangers, police, et cetera.

However, heavy social drinkers—and their numbers appear to be increasing—do get themselves and others into

(Continued on Page 147)

Behavior Illness: Product Of the Social Drink System

Editorial

THE RECENT discovery or emphasis that there is an outgrowth of the beverage alcohol custom, that experts call "a sickness," raises new problems to be faced in the light of our latest scientific knowledge of the problem. That the alcoholic is "a sick man," that the inebriated drinker is approaching sickness, that even the frequent drinker is a potential alcoholic are facts that bring into serious questioning the whole cult of "drink" in daily living.

For, if the alcoholic—man or woman—is sick, not merely a man of "excess" who has lost his "distinction," a violator of the drinking mores of his group, the code of respectable society, or "a sinner" to be shunted aside by society, if there is something disordered within him—a nervous or behavior disorder, inherited, or caused by a thwarted childhood, or the growth of years of drinking—the *significance of this understanding* must be faced frankly. The sources of this illness, the conditions and attitudes that permit its existence and growth, that initiate it and spread it, should be studied, identified, and publicized as are the sources of tuberculosis, typhoid fever, polio. For high medical experts, almost unanimously today, regard alcoholism as a gigantic problem of public health and sanitation; of care and attempted cure; of public education and "preventive medicine."

The Human Factor

Thus, the heavy drinker, with his disorders and excesses, has been re-discovered as a living personality; interest in him, as it was a hundred and fifty years ago when the anti-liquor movement began in America, is a "human interest." The gradations of his drinking are seen to be stages of increasing dependence on the drug alcohol, of increasing effects that come by degrees, now scientifically understood and explained. This gives to the problem a new and renewed realism. It takes much of the liquor problem of today out of the field of mere statistics and costs, into the human living that is measured by these statistics and costs.

Product of a Culture

Yet, the "excessive drinker" who has little self-control, and the alcoholic, with his original or accumulated personality deterioration, are, in major part the end products of a drinking system, a long-standing social cult—a cult of counting on this brain-depressing drug for ease, relaxation, hilarity, release, escape from "whatever ails you." This cult, accepted by a portion of each generation from the savage days of the race, imbedded in the folkways of various nationalities and groups, offers, first and at best, a *substitute satisfaction* for real human needs; and, second, initiates habits, trends and pressures in social customs, that keep all those who are susceptible to alcohol on the road of frequent drinking until drunkenness or alcoholism has marked their lives.

And when a man has become an alcoholic, whether quickly on account of inner inferiorities, or acquired inferiorities, or by his inability to adjust to the realities of life, or by wholly voluntary choice, it is the health expert—the psychiatrist, the doctor, the A.A., the Salvation Army officer, the counseling minister—and these only, who can be of real service toward his rehabilitation. They help him back to normal living. They are beginning to do their job.

Social Attitudes Responsible

But there is another task that must be faced by the average citizen.

"If you could listen with me to the alcoholic as he seeks to be freed from being a millstone about the neck of his family, you would realize that alcoholics are sick people, not criminals," writes Dr. Andrew C. Ivy, head of the Medical and other Professional Schools of the University of Illinois.¹ And he adds this significant fact: "They have been produced by a social attitude for which you and I are partly responsible, and for which society at large is entirely responsible."

Discussing the primary and the secondary causes that lead to alcoholism, Dr. Ivy shows the relation between them, and says that "in many cases alcoholism is a disease like morphinism; in other cases, a symptom of a disease. According to one

1. See "How Social Attitudes Create Alcoholism," by Dr. Andrew C. Ivy, *International Student*, April 1948.

study 40 per cent of alcoholics had a psychopathic personality, mental deficiency, psychosis, or epilepsy, and their drinking appeared to be symptomatic of the disease."

Addiction from Social Drinking

But, he added, regarding the other 60 per cent, more or less, that:

"The largest group consisted of secondary addicts, or patients who became dependent on alcohol because of repeated social drinking. Prior to addiction the patient was a reasonably well-adjusted social drinker. Then situations arose which were followed by heavy drinking and alcoholism. And the simple fact should not be forgotten that each of the 750,000 alcoholics and 3,000,000 excessive drinkers began his or her experience with alcohol as an occasional social or moderate drinker.

"There is no way to tell in advance which one out of every 15 or 20 social drinkers will become an excessive drinker or addict. We have no way of predicting who is susceptible or resistant to the formation of the alcohol habit. Addicts come from the educated and the ignorant, the rich and the poor, the clergy and church members as well as among criminals. . . .

Availability as Cause

"At present there is no single explanation of alcoholism. It is not limited to any one type of individual nor any single cause, except the availability of alcohol in society. Of course, it is frequently said by psychiatrists that alcoholism is a symptom of maladjustment. If so, a person who *drinks for effect* is maladjusted; and a person *who thinks he has to drink in response to social pressure* is maladjusted. The maladjusted feelings most commonly reported by alcoholics are a feeling of insecurity, rejection, inadequacy, frustration, nervous tensions, or boredom. These feelings, however, exist in many nonalcoholic persons.

"Though the narcotic action of alcohol is the primary cause of addiction, the frequency of addiction in a population or race is related to the social attitude toward drinking. This fact is strikingly and tragically demonstrated by the following fact. Prior to 1931 there were five male to one female alcoholic; since 1943 the drinking among females has increased to such an extent that the ratio is two or three males to one female. The social attitude against drinking, like smoking cigarettes

by women, has changed since 1930; as a result the narcotic action of alcohol has had more free reign among females, and the frequency of women drunkards has markedly increased.

Social Attitude as Cause

"This, as well as other evidence, shows that alcoholism is not only a problem of the individual but is unequivocally a consequence of the social structure and attitude of society toward drinking. There is obviously something wrong with a society that spends only three billion a year to educate and awaken the brain and nine billion to put it to sleep. . . .

"In our country today, according to reliable estimates, there are 3,000,000 excessive drinkers whose lives will be shortened, 750,000 chronic alcoholics, 600,000 persons with tuberculosis, and 500,000 with cancer. We spend nine billion dollars on the production of 750,000 alcoholics and 30 million a year to prevent and treat tuberculosis and cancer. We spend nine billion to produce a disease and only 30 million to prevent and treat two major diseases.

"It is strange that alcoholism is the only disease where it is considered illogical and unethical to annihilate the cause. To prevent malaria, we destroy the mosquito; to prevent germ disease, we kill the germ; to prevent smallpox, we vaccinate. But to annihilate beverage alcohol is considered an infringement on personal liberties.

"A real cure of alcoholism does not exist. The disease may be arrested by treatment in those who really desire that it be arrested. But the accumulated evidence reveals the tragic fact that once an alcoholic always an alcoholic. Complete abstinence is the only way to prevent a relapse. . . .

Natural Living vs. Drug Custom

"The basic consideration is to teach that natural living is the best life has to offer, that the use of drugs is dangerous, and that real satisfaction in life comes from facing and not evading the realities of life.

"Such teaching must originate in the home by example as well as by precept, and be repeated in the school. It is a tragic fact that 70 per cent of alcoholics started drinking and first got drunk in their teens. It should be repeatedly emphasized that alcohol is a drug, that the alcohol habit is like a drug habit, and that one in 15 or 20 social drinkers forms the habit.

"We send many to mental hospitals when they become in-

sane, but spend relatively nothing to prevent the insanity. We spend millions for tribute to alcohol and only a few dollars for defense against it."

Identify the Source

The BIG JOB for the intelligent people with a heart to serve, therefore, is to spread the scientific information about what lies beneath the social drink custom of today; to erect the barriers, establish the quarantines, identify the sources of social and emotional "infection," the traditions, the customs and trade promotions—the "carriers" of the alcoholic desire—and de-glamorize the customs that come down to youth from high prestige. Those are the sources that initiate and keep on the road of increasing drinking, practically all of those who ultimately become inebriates of whatever classification.

For even the youth and adult with abnormal tensions, unhappy childhood and unfortunate heredity do not often add alcohol to their unhappy lives without the accompanying approval of some drink cult.

Social Drink Patterns For and Against

WHAT ARE the pressures, social, hereditary, environmental, that drive a man in the direction of alcoholism, and why alcohol and not some other drug?

The answer to the latter question, according to Dr. Myerson, is that alcohol enjoys a positive social acceptance that morphine, for instance, does not. Not only is alcohol accepted, but the dominant cultural pattern even tends to encourage its use. Moreover, it is the only drug which is extensively advertised and openly sold. It is the product of a great industry with millions of dollars to spend in promoting its use and fighting attempts to curb its sale. Such social pressure as there is operates in its favor, although there is an easily discernible ambivalence (*acceptance combined with rejection*) in the attitude of society as a whole towards it.

The dominant social pattern encourages its use, but there is a lesser cultural pattern which frowns upon it. In other words, the social pressure to use alcohol is stronger than the social pressure not to use it.—*The Bulletin* of the Research Council on Problems of Alcohol, November, 1944.

Wanted: An Emotional Wallop

By SAMUEL CAMPBELL*

IF I WERE to stand outside the door of our local beer parlor at closing time and hand out copies of *THE INTERNATIONAL STUDENT* to the men, women and youths who stagger out, how many would accept such literature and read it, or listen to my "puppy dog" pleas for abstinence?

"Mind your own d—— business!" I'd promptly be told, as they tell the Salvation Army lads and lassies, who never seem to give up. Not wearing a uniform, I might wind up in the hospital, stabbed with a knife or a broken, jagged beer bottle. And there is no exaggeration of the facts here! When you threaten the "liberty" of these people, you arouse immature, savage emotions and place your personal safety in jeopardy.

That is why I sometimes wonder if the old method of emotional moralizing is not just as effective as the new "neglected health problem" approach, not so much the moralizing as the playing on the emotions. Certainly the field to work in, since fear, rage and love are the three emotional reactions belonging to the fundamental nature of man, is much smaller than the vast and complicated field of preventive medicine.

Then, too, the literature printed on the subject soars high over the heads of the hundreds of thousands of truck drivers, laborers and teen-agers who frequent beer parlors and cocktail bars. This, however, casts no aspersion on the "new understanding" literature or the men who write it. "The Liquor Cult and Its Culture" by Harry S. Warner, L.H.D., is one of the finest books ever written on that subject; it does exactly what Dr. Cecil C. North of the department of sociology at Ohio State University says: "It takes the alcohol problem out of the field of emotional moralizing and treats it as a neglected health problem."

This is all very well for me . . . I do not drink. And I pre-

*A recent graduate of the University of Toronto, Samuel Campbell was a prize winner in the Editorial Contest of The Intercollegiate Association of 1948 and is now Canadian member of the new Student Editorial Council of *THE INTERNATIONAL STUDENT*. He is on the editorial staff of *The Toronto Daily Star*, "the largest of Toronto's three daily papers."

sume that neither Dr. Warner nor Dr. North nor the other gentlemen of the association drink. But what about the millions who do? What of the untold thousands who completely ignore, for example, the treatment of alcoholism as a disease and laugh at such an idea? Yet, these are the people, the salt of the earth, who must be reached.

This argument has its parallel in our Christian churches today. Why preach every Sunday to a group of Christians who already profess to know the law? Did not the founder of Christianity come to save those who were still ignorant of the law . . . the transgressors? Are not these people who stagger out of the taverns every night the ones who need the "New Understanding" most of all?

No one can deny that more and more people are drinking and learning to drink every day. During the last war, the United States Government went to extreme limits to cooperate with the brewers in teaching the boys in the armed services to drink beer. The beer taught them to drink the stronger liquors.

The brewing trade was grateful. Speaking to the Wholesale Beer Association of Ohio on Feb. 7, 1947, Kenneth Laird said: "Ten million GI's have learned to know and like beer much earlier than they would have as civilians. For five years there has been no need to sell. Uncle Sam has been your sales manager and the best you ever had."

The other day I spoke to a Toronto high school teacher of fifteen years standing. "Over the last decade," he said, "the alcohol situation among teen-agers is steadily worsening! Their attitude is all wrong! Even in the lower grades, whenever the words 'drunk' or 'alcohol' are used they bring forth loud guffaws and hilarious laughter from the students."

High school and college youth are very responsive and impressionable. Sometimes an emotional wallop will do more to bring a young man or young woman to their right senses than any amount of alcohol literature or temperance education. This point was brought home forcefully by THE INTERNATIONAL STUDENT itself in its selection of the 1947 first prize editorial entitled "Outgrowing Alcoholic Culture."

One writer tells very effectively how he was shocked into leading a life of sobriety by having those three emotional reactions activated and rudely jolted.

"One day a tragedy struck that changed my ways and altered the course of my life," he writes. "Tom came home in a drunken stupor, stumbling down the middle of the street. There was a screech of brakes and the car that hit, all but severed his right leg. I can never forget the anguish in my mother's eyes. . . . 'Make something out of yourself,' she said. 'Break away before it's too late.'"

Many a member of Alcoholics Anonymous has been shocked into a different way of life by a similar tragedy. Many a drunken driver, when he has seen the small white coffin lower into the earth, has been shocked, too late, into total abstinence. But surely there must be some other method of producing this shock treatment unaccompanied by tragedy and death.

Despite all the anti-alcohol literature that is being written; despite all that science, medicine, the church and the police force have done, alcoholism and drunken driving are still increasing and reddening our Canadian highways with slaughter.

As I see it, the ONLY way to cure this disease is to remove the cause. As long as you sell alcohol, you will always have drunks. Stop the manufacture of alcoholic beverages and the disease will disappear from the face of the earth.

Bootleggers? Yes, there would be many such parasites. But even after the vaccine for typhoid fever was discovered, many people died from that disease. But today . . . when was the last time you heard of anyone dying from typhoid fever?

Trend of the Pattern

No one of the 750,000 drunkards in our country—many of them men and women of the greatest possibility and promise—started out with the intention of becoming a drunkard. Not one of the 3,000,000 men and women who have come to drink to such excess that their alcohol slavery is a constant menace to their lives and careers started out with the thought of becoming an excessive drinker. These excessive drinkers were recruited from the moderates and may at any time be added to the army of drunkards. It is a terrible toll for any nation that calls itself civilized. It has no place in a high-energy, airborne, atomic age.—DR. JOY ELMER MORGAN, Editor, *Journal of the American Education Association*, Washington, D.C.

Why Was He Guilty?

By LEWIS DRUCKER*

Judge of the Municipal Court, Cleveland, Ohio

“GUILTY of murder in the first degree and no mercy.” So ran the verdict of the jury. Babe Dunbar was only twenty-three when he limped up to the bench to be sentenced to death. Vainly the little gray-haired mother with the tear-stained face had battled to save her son, with the oft-repeated plea: “He has been a good boy. He has been a good boy!”

What made this “good boy,” who had no previous criminal record, a murderer, another occupant of death row? Here is a portion of the story of his life as Babe told it on the witness stand. As pieced together it reveals how a premeditated burglary turned into an unpremeditated murder.

“My sister, who worked as a maid with this family, would come home on occasions and tell us how much jewelry she saw around. She spoke of the carelessness with which her boss and his wife threw the diamonds, the rings, and the watches around. I kept on thinking about it and decided that that would be an easy place to burglarize and make a big haul without getting caught. Since they were so indifferent about how they kept their jewelry, they would never miss it. I decided not to involve my sister, and without her knowledge I had made a wax impression of the key and had a duplicate made.

“I then decided to purchase a gun, which I was able to get two days before the actual robbery. I came home from work that day at about five o’clock. I took my time in cleaning up and decided to go without any supper. I did not want to make any explanations of my going out so early, so I thought I would leave without being noticed. However, I felt weak and

* Judge Lewis Drucker is widely known for his personal interest in those who appear before his court—especially the younger men, the repeating drunks, and those who come out of the depressed areas of cities. His deep concern to do something effective to help the alcoholics, brought in week by week by the police, has made him a leader in the social welfare agencies of Cleveland. He was a member of the First Yale School of Alcohol Studies. This article is from *Listen, a Journal of Better Living*, Washington, D.C., first quarter, 1949; used by permission.

shaky. I needed a drink to give me a lift, so I went up to my bedroom and took a *bottle of liquor* from the clothes closet. *I had been in the habit of keeping a bottle there regularly. I took two double-header shots.* They seemed to give me a little courage. I decided, however, that I would stop in at the night club where I had been in the *habit* of going evenings for my drinks."

Q. "How long did you stay at the club?"

A. "I stayed there for about one and a half hours."

Q. "What did you do at the club?"

A. "I had several drinks."

Q. "How many drinks did you have?"

A. "I must have taken about six or seven double-headers of whisky, with cokes and beers as chasers."

Q. "Then what did you do?"

A. "I was feeling pretty good and was convinced that there was nothing to be afraid of."

Q. "What then did you do?"

A. "I drove up to the house upon the heights."

Q. "Did you drive alone?"

A. "Yes, and I drove very slowly because I knew that I was pretty high and that if I was not careful I might have an accident."

Q. "Then what did you do?"

A. "I went around to the back and tried to open the door with my duplicate key."

Q. "About what time was this, would you say?"

A. "I believe it was about 9:30. I seemed to have difficulty in making the key work so I got mad and fired two shots into the door lock and shattered it and it fell apart."

Q. "Then what did you do?"

A. "I went up to the second floor."

Q. "Did you have anything in your hand?"

A. "Yes, I had my revolver."

Q. "Then what did you do?"

A. "I met an elderly lady who started to scream, and I shoved my gun at her breast and said that if she did not keep quiet and tell me where the jewelry was I would kill her. She said she did not know but she would call the maid. She called the maid and I told her to lead me into the bedroom where the jewelry box was kept. I told her I knew where it was but

I wanted her to get it out for me."

Q. "What then did you do?"

A. "I heard someone come up the stairs. I walked out of the bedroom and saw two men in blue coming toward me."

Q. "Did you know they were officers?"

A. "I recognized the uniform and knew that they were policemen and that if they got me I would be through."

Q. "What then did you do? Did you say anything?"

A. "No, I did not say anything. I just started to shoot. That is all I remember."

Babe did shoot and the officer he hit staggered and fell. He died several hours later. His fellow officer promptly emptied his gun at Babe, and Babe fell to the floor, where he was held until reinforcements came.

As a youth, Babe had attended the elementary schools, but did not manifest any deep interest in his studies. When sixteen he decided to enlist, and his mother had to give her consent. He served four years in the Army, two of which were overseas. Babe was not the same boy when he returned from the Army, his mother testified. Habits of drink cultivated overseas seemed to leave him a listless and unsteady worker. He lost one job after another. He seemed unmindful of his widowed mother's needs. He was complaining constantly that the bosses were pushing him around too much and were not paying him enough. He hung around cafes and would come home in a bad mood.

Frequently on such occasions he would be very surly and would quarrel with his sister and retire to his room. He was not interested in joining any veteran's group, and her pleas with him to give up drinking were of no avail. Babe began to be known as a bad man at the cafe, and on several occasions had been ordered out. He found that his friends were no longer willing to drink with him. He became a solitary drinker.

Babe Dunbar is in the death cell today, and there he has no alcohol with which to drown his fears. It is quite true that he did not kill because he was an alcoholic, but it is also true that *he would not be in death row today if he had not drunk too heavily that night.*

Babe would not have shot open the lock and aroused the neighbors next door if he had not been intoxicated. Alcohol alone may not have been the direct cause of the killing of the

policeman, but it is quite obvious that he would not have deliberately shot the officer when he saw two of them approaching him if he had not been stupefied with the alcohol with which he had tried to drown his fears. The two years overseas where he had become an expert with the pistol and gun gave him a certain bravado which challenged his courage in the wrong direction when "fortified" by alcohol.

His drinking was responsible for his frequent discharges from employment. He would report to work with a "hang-over," and he resented the reprimands of his bosses. He quarreled with his fellow workers and called them "sissies" because they refused to drink with him. He became a frequent visitor at the bar, where he would sway and swing on his feet and let his fancy run riot. He saw himself again as the young soldier who was admired by the neighbors. He boasted of his conquests and his ability to hold his liquor. Here as he pounded on the table he was the "tough guy." He was afraid of nobody, and nothing would scare him. Alcohol gave false bravado to the coward. It inflated his ego.

Alcohol has always been the insidious ally of the criminal. It lessens his perceptions of fear. It gives him a false strength when he is weak. Alcohol dulls his conscience and his sense of right. It fires his unhealthy discontent and deadens his senses. Alcohol removes inhibitions to criminal propensities.

Babe Dunbar sitting in the death row today still cannot understand. He wonders how it all happened. Memories of the past—his first appearance in uniform on the street of his home town when he returned for a furlough, and the sense of honor and obligation to his country he had then. His exploits—the days of handshaking, his dates, dreams for the future—all fade from his mind. Facing the stark reality of his fate, he clenches his hands, clutches the air, stands up; then he sits down and, with his face buried in his hands and his body shaking with convulsive sobs of fear, he sees himself in the electric chair. Babe is afraid to die. He wants to live.

"Guilty—and no mercy." But Babe Dunbar was not alone guilty. The individuals who sold him the drink, the political machine that granted their protection, and the society that stood indifferently by—all must in the final reckoning share that verdict of guilty.

Education and Propaganda

By ALBION ROY KING*

IN THE PAST many have been misled and their efforts to solve the problem of alcohol weakened by the notion that a simple solution is at hand and by confusion as to the meaning of education when related to this problem. To correct this notion three different projects should be undertaken; and these are so different that each calls for specialized personnel and techniques.

Basic Education

First, education, a kind of education that will reach those who drink and intend to continue drinking. It is important not only for those who reject drink to know why they do so, but for drinkers to know what actually happens to them. Education has failed at this point because of its propaganda flavor. It has been designed to get commitment to action; facts have been marshalled to support conclusions already formulated. It requires a highly specialized technique for a teacher to drive primarily for understanding, to remain objective, to have the faith of Socrates that clear understanding will lead ultimately to right decision.

Such education is best accomplished in the adolescent years when the problem becomes acute for the student, and when difficulty arises because of its controversial nature. Today, new material for capturing interest is provided by the current concern for the alcoholic. But education should not be turned over to the Alcoholics Anonymous, nor any agency primarily concerned with the end product of addiction. Every educational program, either those of public or private systems, should develop specialized techniques and personnel for the accomplishment of its particular objective.

Propaganda

Second, the organization of better propaganda for social action. If I condemn propaganda in the educational field that is not to say that we do not need propaganda—and successful propagandists. Although the schools are not the place to or-

*Dr. Albion Roy King is Dean of Men and Professor of Philosophy at Cornell College, Mt. Vernon, Iowa. This article is condensed from an address before the National Council of the New Approach to the Alcohol Problem, at the University of Chicago, April, 1948.

ganize it, there is need for propaganda and eternal vigilance in social action, for mere understanding is not enough. Here I want to make two suggestions: The policy should be determined at the grass roots and carried out on a community basis. Our error in recent years has been that we have a pattern of planning by experts, or from a national convention, or state board; that too often fails when we try to get the local people to line up. Then I suggest that specialized leadership for propaganda be developed at the community level.

Counselling Service

Third, every community should plan a counselling service for people who are in trouble with liquor. This need exists among a wide variety of folks, from the youth who has a bad conscience over his first drinking party to the chronic alcoholic. The A.A. have already awakened interest in this phase. But that is not enough. For even the A.A.'s need a vast amount of help from the church and other agencies.

Each of these functions requires a specialist. One who is a good propagandist is not likely to be a competent educator. Sophisticated youth already know his conclusion the moment he starts talking; as a result, little learning takes place. And one who is an effective educator or propagandist is very certain to be a poor counsellor. He is trained to lecture and he has all the answers. About 98 per cent of successful counselling is listening. Talking, by the counsellor, must take the form of asking the right questions.

Provision should be made for service under all three of these functions, each under specialized techniques.

IT MIGHT be said that the real sociological degradation that marks the continued use of alcohol is not to be found in the area which we term "crime," nor in those acts which are punishable by legal action, but in the general anti-social behavior that is characteristic among those who use small amounts of alcohol. It is here that sex standards are lowered, yet not to the point of legal immorality; that liberties are abridged; that drinking drivers endanger all car riders; that thousands of other petty disturbances are commonplace. The most serious sociological problem is not those which come under the jurisdiction of the courts, but in the realm of generally accepted anti-social behavior.—STANLEY F. KNOCK, JR.

THE DOCTOR LOOKS AT ALCOHOLISM

(Continued from Page 132)

difficulties; and this group constitutes a danger as an accident risk: also, from their ranks, the chronic alcoholic usually develops. Heavy social drinking, as such, from the medical point of view is, today, more and more a problem and should be dealt with through education and other measures. It does not, however, constitute alcoholism; although I, for one, certainly feel it can factually be called **incipient** alcoholism; that it should never be dismissed lightly; and that all precautions possible should be instituted to halt and eradicate it whenever it is known or suspected. Many business leaders, professional men, and high powered executives would be found in this medical bracket. With the present world and national stresses subjecting us to unusual nervous and emotional strain, such individuals are playing with dynamite as they drink their distinguished concoctions.

Cause More Trouble Than Alcoholics

Further, I personally am convinced that heavy social drinkers actually cause more trouble as a group—and this group numbers into the millions—than do the estimated three-quarters of a million alcoholics. The reasons for this personal conviction are based on some 20 odd years' experience in psychiatry and of observing the social climate of "our times." One need not go far for evidence. At any hotel bar or grill you may see at any dining hour a number of well-dressed, presumably influential men who, as the rounds pile up, become louder, more argumentative and expansive in movement. When calm judgment in business or profession is required, alcoholic states of mind are comparable to a cut-off in electricity at the peak hour of production.

The solution for this heavy social drinking—in which, also, many, many women are participating and which, I believe, relatively few people recognize as a dangerous

hazard—might be found in the building of social attitudes against behavior that is inappropriate, stupid, and harmful to others. The drunken driver and the drinking driver are potential killers.

Heavy social drinking produces inefficiency. The executive whose bourbonized judgment dictates a business corporation letter and thereby loses several millions of the stockholders' investments, hurts and harms in a bloodless way. The clerk who, following the patterns set by his so-called superiors, also drinks at the noon hour and makes typographical or other errors the rest of the day may, as a consequence, be fired. Or, he may mix things up so much that weeks are needed to untangle the matter, causing more work for others, and costing his company many dollars.

Such episodes of "absenteeism-on-the-spot," from the top down, are probably as many as, perhaps more than, those of orthodox absenteeism due to alcoholism.

If, through various opinion molding media, we could change the prevailing social attitude about heavy social drinking so that instead of it being considered obligatory, or "smart," even the waiter would look astonished and disapproving, we should all be saved much trouble, and so far as auto accidents alone, are concerned, much tragedy.

Making of an Alcoholic

We have already medically defined an alcoholic as one whose drinking handles him and seriously interferes with his important life activities. But how did he reach such a stage—and what makes an alcoholic? We all know drinking people, even heavy social drinkers, whom we cannot call alcoholics. On the other hand, frequently we treat a patient for an alcohol problem whom the world would never consider an alcoholic, expecting from that term, fireworks and obvious dissipation such as Ray Milland portrayed in "The Lost Weekend." Many a mild-mannered,

immaculately groomed man and woman, highly respected, come under psychiatric care for alcoholism; outwardly they look no different from other "normal" persons. These individuals are certainly the hardest to treat and may be called the worst type of alcoholic because theirs is an insidious, unseen, quiet, almost cancer-like form of drinking. Public opinion is not against them. Their own insight is very poor. They don't do anything "bad." Unless propped, propelled and pushed by some unswerving relative this type of drinker continues at large until maybe years pass before, like the one-hoss shay, he falls apart and his actual condition of alcoholism can be recognized. It is then, often, too late, for irreversible organic brain changes have taken place.

In general, one may sum up the making of an alcoholic by the following: He is a product of his ancestry, the way his grandparents and parents lived, the extent of their drinking, their racial background; of his personal early experiences in life, the inevitable clashes with other personalities, the likes and dislikes, the disciplines, the heart-aches of childhood and how he assimilated or did not assimilate them; of later experiences in life, from job changes to marriage or love experiences; of religion or lack of religion and basic belief, vague or less vague philosophy; of the social drinking habits of his friends; and of the social pressure to drink occasioned by those habits.

The alcoholic is also a product of his inner drives and ambitions. His self-esteem, or sense of prestige, may be so immature and so insecure that he drinks to assert himself. In addition to these interrelated factors are the biochemical constituents of the alcoholic's metabolism and changes in functioning, so that his psychobiological make-up affects, and is affected by, life-situations and problems. Consciously or unconsciously he takes to the easily acquired habit of taking a drink for a "pick-up" or to allay feelings representing anxiety and insecurity.

Source of Trouble to the Doctor

Alcoholism as a psychiatric illness-symptom presents itself like the top of an iceberg. The submerged unseen part is what we have to get a clear understanding of. It is not enough to say, "Don't take any more." Or, "I won't drink anymore." The alcoholic, produced by all the factors just enumerated, in varying quantitative and qualitative amounts, is a very sick person whose drinking results from all the inner turmoil and/or rebellion which he attempts to allay and narcotize by alcohol, for him, a drug. Once the alcohol is taken away, the underneath part of the iceberg has to be explored and fluoroscoped and dissected and enucleated and treated, if you will pardon this mixture of clinical terms. In fact, the alcoholic himself, is a mixture of clinical terms. In part he is manic-depressive; in part, schizoid; in part, paranoid; in part, given to emotional outbursts resembling an epileptic equivalent. He is definitely neurotic. To the extent that the seriousness of his drinking is concerned, his judgment is nil, his insight poor, he is "psychotic." Small wonder that he has always been a thorn in the side of the medical profession. Even today, with all our vaunted knowledge about him, and techniques of treatment, with all our clinics, "work-ups," lay groups and hospital arrangements, certain alcoholics can still be a source of trouble and confusion, equalled only by the 100% psychopath.

Because alcoholism is symptomatic of so many varied personality and behavior disorders, psychiatrists are becoming more and more interested in this serious problem.

The medical definition of an alcoholic—as distinguished from the social drinker—is one whose drinking harmfully and definitely interferes with one or more of his important life activities. He may lose time from work due to drinking, or the quality of his work may suffer, or his home-life harmony may be disrupted, or he may so speak and conduct himself that his reputation and relationships with

others suffer. In spite of evidence, clear to other people, that he is having difficulty with alcohol, he himself usually does not recognize the seriousness of the situation, partly because of the prevailing social attitude that to have a drink or two is a usual pleasant custom. This attitude he has absorbed; it constitutes a form of "social pressure" until he reaches the place—if his brain is intact and his thinking straight—of admitting that just as the diabetic cannot handle sugar, so he cannot handle alcohol without adverse results.

Now, there are many types of alcoholics, and the need for careful discrimination is important both for actual treatment and placement and for a scientific application of the medical statement that alcoholics are sick people. In previous times, those with an alcohol addiction were usually considered to be "hopeless drunks and bums." This attitude still exists in many sections and circles. However, we know it is not accurate, that not all with an alcohol problem are hopeless and that many persons with this problem have high intelligence, fine, delicate make-ups, and are among our community and social leaders. In the same way, in stating that "alcoholics are sick people" we must break down the generalization. To be of aid to the individual and family, one must first understand that alcoholism is symptomatic of psychopathology—**disorder or illness in the personality functioning**—that the pathology may be primary, or secondary, that physical complications may be in the picture (organic brain damage or deterioration, etc.) and that in order to attempt to treat the patient we must know about his personality make-up, presence of any major or minor psychiatric illness, and about his actual life-setting and circumstances.

Pharmacologically, alcohol depresses the "higher" brain centers, impairing or removing temporarily the brake-power of judgment, discretion, and control. Thus primitive impulses and emotions are set free. Actually, alcohol does

not make one "tight"; it makes one "loose."

In general, when alcohol is ingested it produces the following physiological changes in functioning: Poorer coordination of thought and body action; diminished acuteness of sensory perception; delayed or weaker motor performance; more frequent errors in precision work; diminished physical efficiency.

The Third Strike*

A Review

"OUTWORDLY I am out of place on the corner of Delancey St., and the Bowery. I am well-dressed and shaved. My pants are pressed, my shoes are shined. . . Inwardly I am not out of place on the Bowery. I am a mental and spiritual bum—exclamation point—just as much so as this poor, unshaven devil with the hopeless look and 'de-horn' breath. . . I feel a deep kinship with his stoop-shouldered defeatism. Toss him a quarter, which knocks the props out from under his wheedling aplomb, and say, 'Beat it. Flop or drink, I don't care which.'

"Three days ago I wired home for money, and today Dad sent me fifty dollars with the simple message, 'Come home . . .'

"Three days I was a physical wreck, craving the narcotic of drink, at the fag end of a month's binge. Three days ago I wanted to go home, see my folks again, sleep in my old bed, eat some of Mom's chicken . . . try to wipe out this whole mess and start over again.

"But that was three days ago. . . The waiting, the inner torture, did it. . . Now I know there's no use. It would be just the same thing over again: the start, the promises, the

**Third Strike*, by JERRY GRAY, a pseudonym; edited by Glenn Clark, with foreword by Starr Daily. To be published March, 1949, by Abingdon-Cokesbury Press, Nashville 2, Tenn.; \$1.00.

backward topple into another 'drunken escapade'. . . You've made our decision. . . Let's get going. Shall we take a taxi, m'lord? To the placid Hudson in style á la vertical as a prelude to the jaunt to the morgue in the dead wagon á la horizontal?"

Thus begins one of the most realistic and intimately human stories of the inner experiences of a cultural, educated, young alcoholic, that has been written in recent years or ever—**The Third Strike**, by Jerry Gray, edited by Glenn Clark, with a foreword by Starr Daily who says "Jerry Gray lived and died. **The Third Strike** is his own unfinished story told in his own words, left by him for publication, after his untimely end"—at 27 years of age.

This sixty-page book, that you cannot lay aside if you once start reading it, brings to all who do not—and cannot—know the conflicts and horrors, the hopes and struggles, the idealism and the spiritual and viciously conflicting inner struggles of sensitive heavy drinkers. It is the experience of a quickly-matured addict who has, as end-product in his personality, a tendency to self-destruction as the only means he knows of escape from his misery.

Such realistic stories of the deeper experiences of alcoholics, although given many times by A.A.'s, certainly need to be brought out for popular understanding—especially among younger people—at the present time. And this one reflects, only too vividly, what hundreds of thousands, if not millions, are actually passing through today. Few, however, can tell it with such scientific accuracy as is found in "The Third Strike." Of these inner experiences the public knows little. Of what may come to any young drinker—**certainly will come to some**—beginning youth know almost nothing. Each is confident that he will not be that one of every twenty social drinkers who reaches this particular "end of the road."

But the fact that it is the experience of a compulsive drinker who, the writer brings out, on page 55 is definitely unstable, or a neurotic, or thinks he is, limits its useful-

ness to some extent. This limitation may not occur to the average reader but it will to those who have studied the problem and to most drinkers themselves. Such readers say, "I am not neurotic ; I will never be one of the 750,000 ; I am drinking just to be sociable," and will fail to appreciate the observation that 50% or more of those who reach the "third strike" do so as the result of years of social drinking.

There is one general impression that came as I read it : that the editor of the book, with the background of his own wide study of modern psychological knowledge and observation, has put into the words of this alcoholic a much more accurate and scientific understanding of what was happening to him than he could have out of his own experience. He is saying what only a keen student could say. Of course, some alcoholics are extremely keen in their self-analysis. With university education, their descriptions are accurate ; but, it seems to this reviewer that the language used by this one is just a little too perfect.

With this understanding, the book should, indeed, be a challenge to intelligent youth and adults alike.

FORM FOR BEQUEST

To the Permanent Educational Work of the Association among the colleges and students of the United States—

"I give and bequeath to The Intercollegiate Association for Study of the Alcohol Problem, the sum of \$....."

The Association is incorporated as a nonprofit corporation in the District of Columbia, Washington, D.C.; the office of the Association is at 12 N. Third St., Room 522, Columbus 15, Ohio.

Changing Attitudes in the Colleges*

In 1920 and After

WRITING ABOUT the situation as it began to develop in the colleges in the first half of the national prohibition period, Professor Charles H. Warren, of Yale, reported in 1926 after six years' observation, that "the fraternities have never been so dry as they are today. The last prom dances were the cleanest I have attended in many years. I think there is less drinking now than ever in the history of the University." "The effect at Yale has been good," said Professor Charles C. Clark, who makes it clear that he is not a prohibitionist. He adds, "I know for I have been a member of the Committee on Discipline. . . . In the old days our Committee was constantly busy with cases involving intoxication and the disorders originating from it. Now we have practically no business of the kind at all . . . in spite of the fact that in the old days we rarely troubled ourselves with a case of mere intoxication if it had not resulted in public disorder." These changes had occurred in a college in which the prevailing sentiment continued to be wet; the Senior Class of that year recording its sympathies as 80 per cent on that side.

A 1926 Student Referendum

"Out of 7,800 students, 88 per cent are in favor of prohibition," comments the *Chicago Post* on a 1926 referendum by Professor R. L. Mott, of the University of Chicago. The survey covered 37 colleges and universities; 12 per cent favored repeal and 41 per cent modification. "This overwhelming proportion is divided only on the question of how its enforcement may be made most effective."

A poll of 100 college editors in 1926 concludes that, in the opinion of the majority "drinking among students had declined in recent years," and that such as remains is by those who "think to put feathers in their caps if they can bespeak a bootlegger."

*From *Alcoholic Trends in College Life*, by Harry S. Warner; see page 160 this issue of *The INTERNATIONAL STUDENT*.

"My observation twenty-five years ago was that it was the exceptional student who did not take a drink now and then." "Today conditions are reversed and it is the exceptional student who drinks. The few who break over cause the talk."

"It has been six months since a student has been before me for violating the liquor laws . . . there is not one one-hundredth the drinking among the University (Michigan) students today that there was during the days of the saloon," said a Judge of the Circuit Court at Ann Arbor in 1927. A barber at the edge of the campus who shaved students thirty-five years reported: "Students used to come into my shop drunk, would have to be taken out of the chair. . . . It has been three or four years since there has been a drunk student in my shop."

Accepted as Social Advance

The colleges of the United States on the whole accepted prohibition as a social welfare advance. There were exceptions, decided and outstanding; but they were exceptions. Secret drinking continued as well as much bootlegging at some of the universities, especially those in large cities, near the Canadian line or the moonshine stills of the mountains, and purchasing from illegal sellers in time became an adventure to those who had seen little of the legal saloon. Student drinking and law evasions were exploited and highly publicized as student escapades and carousals had been in saloon days. Yet, as in license days, drinking and law violation in colleges were much less than outside. The great body of college students accepted the purposes of the new situation, agreed that alcoholic indulgence was not necessary and that it was being outgrown in forward-looking nations.

"The colleges, universities and schools, with rare exceptions, are fully in line," wrote James J. Britt, Chief Counsel of the Bureau of Prohibition in 1928.

There is a large body of opinion in the country that regards the drink trade as an evil trade.—HOPKINS MORRIS, M.P., in an address in Parliament, Great Britain, Dec. 14, 1948.

As a matter of cold fact there is enough scientific evidence to condemn alcohol as a beverage without the slightest necessity for becoming emotional about it.—PHILIP J. BROEN, State Department of Education, Minnesota in a 1948 address.

WHICH SHALL IT BE?

A PASSING sensuous pleasure, which helps to rivet the alcohol tradition on national life, or a progressive mental efficiency and an attempt to liberate the nation from the shackles of an age-old bondage.

—Courtenay C. Weeks, M.R.C.P., London, England.

Liquor Advertising in Special Class

Specific Regulation Necessary as Result
of Social Consequences

By MAJOR CLAYTON M. WALLACE

THE PURPOSE of advertising is to promote and increase the sale and use of a product, and to disseminate information for commercial purposes. Argument and logic play a minor role in successful present-day advertising in comparison with direct appeal to desire. "Printer's Ink," a leading advertising journal, in 1911 formulated "The Printer's Ink Model Statute," adopted since by a large number of states to make dishonest advertising a misdemeanor. The principle parts of the code:

- a. Place responsibility for deception upon the advertiser
- b. Deal with questions of fact about goods, rather than opinions
- c. Designate the making of untruthful, deceptive or misleading statements a misdemeanor.

Modern liquor advertising matches the advertising of

*Condensed from a lecture at the Pennsylvania School of Alcohol Studies, Juniata College, Huntingdon, Pa., June 30, 1948. Major Clayton M. Wallace is General Superintendent of the Temperance League of America.

legitimate merchandise in technique and all-round sales appeal. It is expensive, colorful and attractive. However, liquor advertising is in a special class, and needs special regulation.

Liquors—Special Class in Advertising

In the report on the hearings before the Committee on Interstate and Foreign Commerce of the U.S. Senate (80th Congress) April 21st and 22nd, 1948, (pages 201-203) Dr. Edward B. Dunford, Attorney of the Temperance League of America, in a Brief in Rebuttal made many important statements including the following:

“Neither under the natural law nor the civil law are intoxicating liquors in the same category as other commodities. The Supreme Court has long held that the manufacture and sale of intoxicating liquors is not one of the inherent rights of citizenship guaranteed by the 14th Amendment to the Constitution. Therefore, the State, in exercise of its police power, may prohibit the business entirely or permit it conditionally, as it deems in the public interest. One who engages in the manufacture and sale of alcoholic beverages exercises a privilege only, which can be withdrawn at any time without compensation.

“The exceptional requirements made on the liquor business is further illustrated by the Federal Alcohol Administration Act, in which Congress did not leave liquor advertising subject merely to the ordinary statutes governing advertising, but wrote specific sections defining and specifying what should be required in liquor advertising.

“The right of the states to prohibit liquor advertisements and the prohibition of liquor sales has never been successfully challenged.

It takes some people longer than others to attain addiction but no human being can be regarded as immune.—DR. ROBERT FLEMING, Harvard Medical School.

SOCIAL SOURCES OF DRINKING AND ALCOHOLISM

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*These publications may be obtained from The Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio, at the following prices: *Abridged Lectures*, 50 cents; *Liquor Cult*, paper \$1.00, cloth \$1.35; the *Monographs* 10 cents each.

COLLEGE STUDENTS ARE NOW WRITING

IN THE \$500 PRIZE CONTEST

Open to June 30, 1949

THE EDITORIAL Contest of the Intercollegiate Association for 1949, on the Alcohol Problem of Today, is open to college students in all the colleges and universities of the United States and Canada, January to June, 1949. Cash Prizes, under the *Logan H. Roberts Award*, are: First \$200; Second (2) \$50 each; Third (10) \$20 each.

THEME: "*Social Pressure and Campus Drinking.*"

The theme has been selected by vote of college teachers and student prize winners who shared directly or indirectly in the contest of the Association of the past year.

For bibliography see page 159 of this issue of the INTERNATIONAL STUDENT.

For information address: EDWIN H. MAYNARD, Contest Secretary, Merchandise Mart Sta., Box 3342 Chicago 54, Ill.

ALCOHOL TRENDS IN COLLEGE LIFE

By HARRY S. WARNER

A Survey of Surveys concerning student and college community attitudes and practices regarding alcoholic drink in the periods represented by the *Saloon*, *Prohibition*, *Repeal*, and the transition periods between.

Prepared from studies made *at the time* by research agencies, magazines and college educators.

"I want to congratulate you on the excellent statement of 'The Present Trends in College Life!' . . . a very informing statement . . . the best that I have seen."—ADOLF MEYER, M.D., Psychiatrist-in-Chief, Johns Hopkins Hospital and University.

Price 50 cents

THE INTERCOLLEGIATE ASSOCIATION
12 N. Third St., Room 522
Columbus 15, Ohio

THE
INTERNATIONAL



MAY
1949

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

Our Liquor Soaked Movies

Drink Among College Women

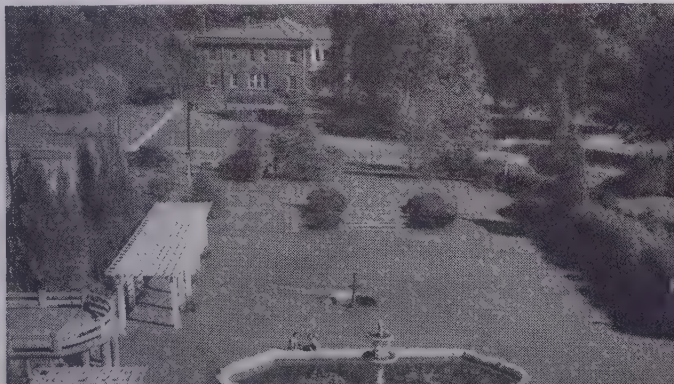
Pressures of the Alcohol Cult

Intercollegiate Association
Seeks Freedom from the Cult

Twelve Years in Michigan High Schools

New State Educational Program
in Mississippi

SUNKEN GARDEN,
MISSISSIPPI SOUTHERN COLLEGE, HATTIESBURG
(SEE PAGE 180)



Democracy
is something
deeper than
Liberty; it is
Responsibility"

THE INTERNATIONAL STUDENT

May, 1949

HARRY S. WARNER, *Editor*

Vol. 46, No. 6

Correspondents and Representatives: Stanley F. Knock, Jr., Yale Divinity School, New Haven, Conn.; Samuel Campbell, University of Toronto, Can.; Roger S. Haddon, (Bucknell) Philadelphia, Pa.; Adolfs Silde, Neustadt, Marburg, Germany; Bo Nilsson, Stockholm, Sweden; Henry C. Jacobs, Grand Rapids, Mich. *Contest Secretary:* Edwin H. Maynard, Chicago, Ill.

SPEAKING TO STUDENTS AND TEACHERS

IN A RECENT address at a conference of The Intercollegiate Association, Dr. HAVEN EMERSON, noted health expert, writer, and medical authority, made it clear—

That education, especially the use of the latest scientific information, can do much to aid solution of the problem of alcohol.

BUT, also, that knowledge is not enough—that *education includes* the acquiring of a sense of responsibility;

That intelligent citizens will use their educated abilities to change popular attitudes to those that are more scientifically sound, and

That the disorders and miseries traced to alcohol and alcoholism may be replaced by normal, healthful, non-alcoholic ways of living.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April and May.

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Our Liquor Soaked Movies*

By JIMMIE FIDLER

IF BY NOW YOU are not convinced that highballs and cocktails are the twin cornerstones on which all modern social intercourse should be based, you are either blessed with considerable sales resistance or you seldom patronize the movies.

The motion picture industry has become America's ace liquor salesman.

During the past twenty-five years, my work as a Hollywood reporter and commentator has made it obligatory for me to see the majority of the pictures produced. I believe that I'm being conservative when I charge that ninety per cent of those filmed in recent years have propagandized, either consciously or inadvertently, for the use of liquor.

Usually, the propaganda is quite subtle. "Johnny Star" and "Jane Glamour" are not presented to you as characters unduly fond of drinking. By no stretch of the imagination are you to consider them alcoholics. No, they're just up-on-their-toes moderns, people who know and observe good social usage. Consequently, they drink. Given a lull in the day's chores, they down a few highballs. They wouldn't think of entertaining friends without serving cocktails, nor would their friends fail to do likewise by them when Johnny and Jane appear as guests.

Propaganda or Authenticity

Propaganda for the use of liquor? Of course not, the producers indignantly maintain. They are merely striving for "authenticity," merely trying to show life in these United States as life really is! Johnny Star and Jane Glamour wouldn't be believable unless they guzzled those highballs and cocktails.

Now, to my way of thinking, there's a grain of truth

*Reprinted by special permission from *The Christian Herald*, New York, N. Y.

in that contention. But there's also a pound of pure unadulterated malarky.

It is a fact—regrettable, but nevertheless incontestable—that a considerable number of adult Americans take a drink now and then. But it is not a fact that drinking is a social “must” in any stratum of American society. And neither is it a fact that Hollywood has any need whatever to insert drinking scenes in the average picture in order to achieve “realism.”

Drinking Scenes Unnecessary

Nine times out of ten the drinking scenes are intruded unnecessarily. They have nothing whatever to do with the development of the picture's plot. They are not important to the delineation of the characters. They could be omitted entirely without weakening the story in the least.

Let me cite an example. In 1947, 20th Century-Fox produced a picture entitled “Gentleman's Agreement.” It was presented, quite frankly, as propaganda against racial intolerance, and, as movies go, it was better than average in quality.

But I left the preview wondering whether it was propaganda against racial intolerance or propaganda in behalf of the liquor industry. Whenever the characters in the picture met, highballs were in order. In the office, in the bar after work, and at the parties in the crusading publisher's home, the dialogue was accompanied by the tinkle of ice cubes as drinks were served. And I defy all the producers in Hollywood to present any logical reason for those drinking scenes, which served neither to establish characterizations nor to advance the plot.

Why, then, if they are needless, are such scenes persistently used? The answer is somewhat complex.

In the first place, consider the background of the people who make the movies. The great majority of them have lived behind the “Iron Curtain” of show business all or most of their lives. While they pride themselves on omniscience as interpreters of modern life, they have, actually, had remarkably little contact with “average” people. Their world revolves about two twin axes: the

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Spread of Drink Among College Women^{*}

A Review

FOR FIFTEEN YEARS, rumors, news reports, ordinary observation and sensational writers have been agreeing that the use of alcoholic drinks is spreading—and widely—among women.

But just recently there has appeared, for the first time, an objective, scientifically inspired study¹—a study of what is already known but without much data—that tends to confirm, only too vividly and statistically, these impressions of the lay observer.

"The consensus is that social drinking is definitely increasing," says the survey. "(1) This appears to be in contrast with the past, when drinking by women may have been accepted in the highest and in the lowest social levels, (2) but was definitely taboo for women of the middle class. The present trend is similar to that which has characterized smoking among women. The similarities of these two trends are interesting. In both cases, whatever may have been the underlying forces operating, the trends were strongly supported by extensive advertising campaigns and buttressed by motion picture models of behavior."

Tea Party Becomes Cocktail Party

The report makes it clear that there have been no systematic studies made that analyze the drinking habits of women at different social levels, or over a period of years. But it does say:

¹"The Drinking and Dating Habits of 336 College Women in a Coeducational Institution," by Carol A. Hecht, Ruth J. Grine, A.B., and Sally E. Rothrock, A.B., a study made under the direction of Dr. Jessie Bernard, Department of Sociology, State College of Pennsylvania; published in the *Quarterly Journal of Studies on Alcohol*, Sept. 1948, 252-258.

That "the transformation of the traditional tea party into the cocktail party; the presence of women in public bars, cocktail lounges, taverns, and other drinking places; the phenomenon of drinking parties made up exclusively of women, all attest to a widespread change in mores."

The study was undertaken to gain information that would "help to fill in a part of the gap" about the contemporary behaviour of women in respect to drinking." Various other studies have brought out facts as to youth— young people in general, or certain groups. This is the only one that relates definitely to young women.

With care not to generalize, the authors say: "It deals with only a narrowly limited segment of the feminine population, but one which represents a socially important group, namely college women. They come for the most part from middleclass homes and thus reflect middleclass standards. Since they are young, their behavior probably indicates a trend of the immediate future. They are, further, at the very beginning of their drinking careers and their behavior therefore illuminates a critical point in personality development insofar as drinking is concerned. They represent a relatively new drinking population."

Explaining further the purposes of the study, the authors say:

"Since it was not possible to explore all the ramifications of drinking among college women, the following three items were selected: (1) What is the incidence of drinking among college women? (2) How do those who do not drink differ from those who do drink? (3) How are drinking habits related to dating patterns and to chances for becoming attached (engaged, pinned, or "going steady")?

Since this review can give only representative features of the survey, it will include, herewith, the first of the six tables that bring out in statistics the findings of the study. This one—relating to frequency of drinking—probably is of most general interest:

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Pressures of the Alcohol Cult

Tap Root of the Problem

Editorial

A RECENT COLLEGE graduate, reviewing his four years on the campus and his first months among the alumni of his university, wrote *The International Student* in deep reaction against what he felt to be an attitude of today that "virtually ostracizes those who stand apart from the ways of the crowd. . . that sets up drinking as the thing to do. . . Society, especially the younger set in high school and college, laughs at the antics of these drug addicts." And he adds, "*This attitude must be changed.*"

On page 165 of this issue is a report of the first examination of this trend of fashion as it relates to colleges. It confirms, in largest measure and by objective scientific study, the rumors, news stories and sensational articles that have been reporting the growth of the drinking cult among young people—especially young women, and college women. Drinking seems to be a fashion, exploited and promoted in gigantic measure, as are other fashions that sweep the country and the greater part of the world, and that are quickly accepted by society, sophisticated and unsophisticated alike. But when the great middle classes of the United States, the intelligent and its mentally automatic alike, can be moved, almost en masse, into such questionable customs as those that count on drug depression of the central nervous system for enjoyment—that lead inevitably for many to lifelong drunkenness or alcoholism—it is time to face realistically these pressures and their sources.

Overly Conspicuous in Colleges

This cult of recent years, made acute by the two world wars and the recurring slump in social standards and

ideals that invariably follow wars, is, of course, not limited to college life and college days. While partly collegiate, it reflects even more the attitudes and practices of the groups and social strata from which the students have come. But such customs, constructive and regressive alike, have greater meaning when prevalent in colleges; they are more conspicuous, more dramatic to the public, more directly related to future welfare, than when occurring among people of little intelligence and potential leadership. Responsibility for the spread of such customs, and for their social consequences is, therefore, of relatively more significance. And, also, on the other hand, educational and other activities toward resisting, reducing, sublimating such cults, customs, are much more influential, when coming through the college community, its professors, students, alumni, than when spread only by representatives of the general community.

Wave of Fashion

What are the sources of these new—old patterns? Customs? Pressures? Where did they come from? How did they originate? How do they spread? Do they—or do they not—reflect a better understanding of life, a more normal, or higher purpose of life, than do those in which the drink cult is less prevalent? Or completely absent? Have they come in response to a need and wider knowledge of need, or by suggestion, fashion, imitation, and promotion by those to whose interest it is to exploit drink habits, and customs, mild and excessive? For resort to the “kick” that alcohol gives—the “release” that it simulates but never gives—has become, and is now, for the time being, a wave of fashion.

Group Pressures

A modern younger woman of attractive and forceful personality relates her experience among government workers in Washington, where sub-executives meet frequently at cocktails. The leader of the group, challenging the one who declined, said, “The height of my ambition is to get

you to drink." The pressure within this typical Washington group is *strong and continuous toward effacing the individual who stands out against prevailing customs.*

In questionnaires as to why young people drink, the answer standing highest is "social pressure," "drinking by friends." The desire to be like, and *especially not to be unlike*, those with whom they associate is a dominant fact. "The drinking of liquor is a social practice," wrote William Howard Taft, after highest possible experience in government and university society. He makes clear the working of group pressure when he adds that "drinking is increased or minimized in a very large degree by the opportunity and proximity of access for many who would never drink at all unless it was set under their noses."

"Anyone who knows the force of social customs knows that the individual is free only to a limited extent," wrote the psychologist, Adolf Meyer, with reference to group drinking. Illustrating from experience as a student in Europe where traditions are of long standing, he says: "The beer habits of the German student make it impossible to escape more drinking than most individuals would naturally indulge in."

Groups of youth include provision for alcohol in the plans for the party because it is "the thing to do." Suggestion, imitation and the desire to be courteous encourage all attending to share in the entertainment provided. Ridicule is used on those inclined to be independent. "Everybody is doing it," "why be a wet blanket?" are phrases with a thousand synonyms. The influence of the hostess at dinners and parties is especially strong because those invited are eager to please her.

Trends in the Pressure

Sharing thus in a party, banquet, or other social group, one does not notice that intoxication, in its mildest form, begins with the first sensation of glow and good feeling; that after this come gradually the more hilarious sensations, and then later, obvious drunkenness. The social

pressure of the group is supplemented and strengthened by the increasing attractions of alcoholic sensations. The tendency is to continue, to take "one more." The desire to be restrained grows less as the ability to judge and control is weakened; conduct slips gradually to a lower level. The social pressure in a drinking group moves increasingly toward artificial satisfaction, the substitution of illusion for reality, toward inferiority in conduct and expression—always inferiority. The changes taking place are on a descending scale until drunkenness, a definite stage of inferiority, has been reached.

The sensations of alcoholic sociability range from the first mild elation of a youthful drinker to the imperative passing of his "alki" bottle by a worn-out bum to his mates in the Bowery; but they differ only in that they are extreme variations in a chain of dependence on narcotic feelings for sociability and release.

Fashionable Intoxication

Fashion and fashionable society create and popularize alcoholic desires and customs. "The social season is at flood tide. . . . With a swish and a swirl and a click of the heels, Washington is up to its elbows in caviar canapes and champagne cocktails," wrote a society reporter at the national capital just after the opening of Congress.⁹ Cocktail parties to honor diplomats, political guests, government officials, department heads, and fellow employees radiate out over the country wherever federal prestige and political influence are respected. The prominent and outstanding social groups and leaders are alcoholic in the sense that alcoholic beverages are regarded as essential in properly conducted entertainment. Social usage calls for them at receptions and parties, official, semi-official and private. The "kick" of alcohol, frequently repeated, has a prominent place in fashionable society. Liquors of rare quality and of many varieties are a mark of prestige in "high society" in the social season. From these centers of influence the all-powerful force of fashion carries the cult, by sug-

gestion and example, through many groups into all local communities.

Trade Promotes the Fashion

The effectiveness of fashion in spreading drink customs is recognized and freely exploited by the liquor trade in its quest for profits. The drinks and the styles in drinking, approved by fashion, are publicized and promoted in newspaper, magazine, radio and billboard advertising. Society reporters, special writers, recipe compilers, and story writers reiterate the attitudes that suggest approval. Measuring the results of a general advertising campaign in Great Britain, a brewing trade promoter, frankly acknowledging his effort to guide fashion, said, "We judge the work of the past year has been eminently, and in some respects, astonishingly successful. . . . The consumption of beer has increased. It is very largely a question of fashion. It has been hoped by advertisers to sway the fashion."

Seeking to make pro-liquor thinking, customs and habits uniform in the United States, liquor advertisers have used the appeal of fashion as one of the most sweeping means to that end. The theme of one national convention was "Make America Wine and Liquor Conscious." The dealers made it a part of their program to "teach American women how to drink" and advised their members to "invite and welcome them to your taverns and taprooms . . . make it smart to drink." An "open letter to the women of America on whisky" was designed to popularize drinking among women as a "socially accepted custom."

Pressure by Suggestion

The pressure of fashion by suggestion is automatic. The practices and attitudes of those whose names appear in the society column, popular articles, and news, are accepted readily by certain types of mind, and are influential even with those who think for themselves. Unconsciously the impression grows that if people are to find favor with associates, be courteous to a hostess, make their parties a success, or gain attention from business associates, they must

cultivate "the art of drinking" and the art of serving. The fashions of a drinking group tend to be intolerant of those who do not drink.

The desire to be "in the fashion," to keep up with others, is especially strong among the upper middle groups who feel that they must imitate those who have the prominence, power, and wealth that they crave.

Fashions in drinks and the mixing of drinks, fashions in serving, fashions in the furniture and lighting of the drinking place, fashions in the clothes to be worn, and fashions in the occasions when each particular liquor is proper have persistent influence in spreading indulgence and making it more frequent.

A Chicago writer says: "Looking her best in an exciting cocktail suit of lamé, the deb sallies forth . . . faithfully observing the cocktail hour. Some perch on tall stools; some, with slippered feet on the brass rail, plant elbows at the bar. Other debs, or perhaps the same debs at other hours, order cocktails in restaurants at luncheon time. A particularly famous restaurant swarms with girls." The cocktail hour of midafternoon seems to have been devised to catch the attention of the girls of the younger generation.

As to the effectiveness and consequences of this appeal to fashion, this writer continues, "I do not recall that the young womanhood of any other country every went in wholesale and with evident innocence for mixed drinks in this fashion; it is certainly a new development. In the tough old days before prohibition there were girls who did, but they were tough girls, grossly unrepresentative of their sex. Though decent girls drank cocktails during the dry era, they were generally makeshift cocktails lacking alcoholic warmth, and drinking was not thought innocent; it was mischievous. . . . Now, 'perfectly all right,' alcohol is rated harmless and drinking has become too general to be adventurous. . . . The 'cocktail hour,' deliberately instituted for the purpose, implies not only that at a certain time one may drink, but that at a certain time one should."

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Intercollegiate Association Seeks Freedom

From the Cult of Alcohol*

By HARRY S. WARNER

AMONG THE OBJECTIVES of any *long-time program* that seeks to build responsible public opinion in such ways as will lead to changes of attitude and lasting progress toward a definite goal of improvement, there are three factors that may well be included as basic in our field of service among college students and their leaders and instructors. These are: first, a realistic understanding of the problem that is based on sufficient scientific knowledge to insure a safe foundation for continued progress; second, the vision or outline of a program of education and action that is deep enough and wide enough to have a decisive relation to *all the main sources* of the problem itself; third, the interest and services of a constant stream of younger people, with their ideals and readiness to try to bring them into reality. The Intercollegiate Association is interested in all three of these objectives, but especially the first and third.

To these ends, its service is wholly among and for and by those who are in the field from which, in the normal flow of events, come naturally most of our leaders of public opinion and action.

Activities of the Past Year

Early in April 1948 the Association organized a Forum-Conference of two days, for and by college educators, students, student leaders and high school teachers of Ohio. Held at Columbus, it was sponsored by the State Board of Education—Howard E. Hamlin, Director of Health and Narcotics Education, three departments of the

*Enlarged and extended from a verbal report by the General Secretary of The Intercollegiate Association for Study of the Alcohol Problem, at the Annual Meeting of the National Council of the Association, Columbus, Ohio, Feb. 28, 1949.

State University, the University Religious Council, Otterbein College, and Ohio Wesleyan, Capital and Denison Universities. Representative students and teachers shared in study and free discussion, under the lead of Dr. Haven Emerson, of New York, Dean Albion R. King, Cornell College, Ia., Dr. Carl A. Nissen, Ohio State, Dr. Fred C. Slager, Central High School, Mr. Richard Richards of the College Y.M.C.A., of Ohio, Prof. Clarence H. Patrick, of Meredith College, N. C., and local leaders of students and youth. It was a modern educational program. The attendance of students, while not large, was perhaps the largest in any conference in this field since 1932.

Editorial Contests

In its annual Editorial Contests, the Association for several years has sought to encourage, first study of recent literature on the problem, and second, the ability to express the knowledge gained, as well as student opinions, in ways that will be effective under conditions of today. Consequently, the \$500 offered in cash prizes each year, is directed to the preparation of such short, practical and succinct styles of writing as reflect newspaper editorials. The prize fund is divided into a first of \$200, two seconds of \$50 each, and ten of \$20 each, thus awarding as many as possible of the students who send in meritorious papers.

The contest of 1948, the Logan H. Roberts Editorial Contest, was made possible by the fund provided by a former Field Secretary and Organizer of the Association. It had for theme: "Applying Preventive Medicine to Alcoholism." The previous year the subject was "Out-growing Alcoholic Culture," and 1948-'49 it is "Social Pressure and Campus Drinking." A packet containing literature and bibliography is sent to each student who enters.

Each year the editorials winning high honors are published in *THE INTERNATIONAL STUDENT*. The October number thus is written wholly by college students—with news paragraphs by the Contest Secretary, Edwin H. Maynard. By this means, the thinking of student writers is distributed annually to all the colleges and a high majority of the public high schools of the United States. This is in

itself a unique and appealing service to the thousands of students thus given opportunity to see what some others have written.

Literature and Its Distribution

The distribution of recent educational and scientific information on the Alcohol problem takes place regularly in several ways: in response to requests from faculty members, group leaders and students; by sale and free distribution of books and monographs; by means of a packet prepared for those entering the contest; and through THE INTERNATIONAL STUDENT.

Demand for the "New Understanding" Monographs—fifteen titles in number—prepared largely when the Association had offices in Washington and distributed at that time by the Methodist Board of Temperance, and The Intercollegiate Association to the extent of 5,000 to 50,000 each, has continued steadily each year since 1938. Those entitled "A Modern Approach to the Alcohol Problem," "Should Social Drink Customs be Accepted?", "Does Alcohol Aid Creative Ability", have been widely used and are of permanent value. The pamphlet, "Popularizing the Educational Approach to the Alcohol Problem," lectures at the Forum Conference at Ohio State University, 1948, and the "Abridged Lectures of the First Yale School of Alcohol Studies," both edited by a representative of the Intercollegiate Association, have been in frequent demand.

During the year approximately 900 copies of the book, *The Liquor Cult and Its Culture*, written to aid the thinking and decision of those who are undecided, and want to think through their own attitudes to drinking and its problems, were distributed to college group leaders, students, and teachers, without cost. The aid of special friends made this gift possible. Students of several hundred colleges, and state, area and national leaders of Y.M.C.A., Foundations, and other Christian leaders on the campus, shared in this distribution.

In preparing and making available a distinctive type of educational material, reasonably objective and scientific in tone, the Association has rendered a specialized service, not often—if ever—undertaken elsewhere.



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The International Student

Edited for its special field, with 96% of its circulation among colleges and high schools, *THE INTERNATIONAL STUDENT* is the distinctive contribution of the Association to national education and action on the Alcohol problem. Never before the past five years, has a high-grade periodical, dealing with this vital issue, reached regularly so many college leaders, libraries and high schools, as has *THE INTERNATIONAL STUDENT*. In 1947-'48, it was sent, through personal and gift subscriptions, to over 1,450 colleges, junior, teacher and standard; to 22,000 public high schools; to student groups, foundations, leaders, professors. In it has appeared the latest and best scientific and educational material—and that only. It seeks to be objective, factual—and yet inspiring toward study and service.

Three sources have helped give this project the high place it now occupies:

First, the unique service of Henry C. Jacobs, representing in this capacity the Association, in launching, ten years ago, and continuing to date, a plan to place and keep *THE STUDENT* on the reading tables of all the high schools of Michigan. This he has accomplished. And he has enlarged it by adding coaches, school officials, teachers, to the Michigan list.



STANLEY F. KNOCK, JR.
Yale Divinity School
International Student
Council



SAMUEL CAMPBELL
(University of Toronto),
Canada
International Student
Council



ROGER S. HADDON
(Bucknell) University
of Pa., Law
International Student
Council

Second, the large service rendered by the Methodist Board of Temperance, Washington, D.C., in supplying from 10,000 to 15,000 gift subscriptions for rural and city high schools, many to every state, not otherwise provided. This great service has made it possible to reach, through the publication, nearly all the public high schools in the United States.

Third, similar cooperation by the World League Against Alcoholism.

Promoting High Educational Leadership

For fifteen years, the Intercollegiate Association has been seeking to bring to leaders of higher education—and to college students—not only attention to the problem, but also a renewed sense of responsibility to lead the public in educational activities related to it. First, naturally, is for college teachers to enlarge their teaching on the subject, to bring their specialized knowledge—psychological, biological, economic, physical, social—not only to the students of their classes, but also as speakers and writers to the public.

This emphasis has been made with the conviction that the *processes found effective* in college education would add a needed sense of dignity, as well as of seriousness, to all public discussion of the problem as it is today. Also,

that such leadership would make it clear that objective study and understanding *constitute the foundation* on which reform efforts, rehabilitation, public propaganda, control, and restrictive or preventive legislation must be built.

Consequently, the Association has noted, with *high appreciation* the indications of a decided increase in alcohol education that have been coming by and through university, college and related leadership in very recent years. Outstanding, of course, in this new national movement is that of the Yale School of Alcohol Studies that is serving as a pattern for many other programs. Yet, with all the advance being made, it need not be overlooked that long before Yale undertook this program in 1943, as much as ten years before, the Intercollegiate Association began calling for such an advance, for a new college-university-led movement to aid solution of the alcohol problem in America.

Survey of University Leadership

With this trend spreading as it has in the past six years, a news survey of what is happening was prepared by THE INTERNATIONAL STUDENT, late in 1948, and published in the January 1949 issue. This preliminary survey brought out that there are five main fields in which new higher-educational leadership has had marked results:

1. In the organization of Summer Schools of graduate and professional rank: Yale, New York, Yale-in-the-Southwest, Oregon.

2. In expanding instruction by college professors in their regular courses and classes; this is the largest—but least known—field of instruction on the problem.

3. In the courses and units that deal specifically with this problem; twenty-five or more colleges have given courses in the past few years.

4. In the increasing number of one to three day institutes being reported from widely different parts of the country, sponsored by health, welfare and rehabilitation leaders and university specialists; there are too many to mention.

5. In the establishment of sections relating to health

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International Student in Michigan High Schools

A Review of Twelve Years

By HENRY C. JACOBS

AS I RECALL the situation twelve years ago, when we first undertook to provide THE INTERNATIONAL STUDENT for the high schools of Michigan, and to raise a fund for that purpose, it was with the conviction that there were, at that time, thousands of high school youth drifting into drink customs and unconsciously making decisions that would handicap them for life. This conviction weighed heavily on my mind and heart. If they only knew the facts as brought out by scientific understanding, this thoughtless drift into life-habits might be resisted. Besides, there were hundreds of teachers in Michigan schools, who were expected to teach this subject, but who had very meager resources to aid them.

The wisdom of the venture has now been proven by the written and verbal testimonials of hundreds of teachers who have been using the material for years, and by the librarians who have kept THE STUDENT and similar material on the reading tables, filed it for easy access, organized clippings by interesting topics, and watched the students use it. Confirming statements, also, come constantly from school administrators, who regard this up-to-date material as highly valuable.

When *literally thousands of teachers* are ready and willing to stand out against the dangerous drinking trends of today, and to champion the unpopular cause of the wholesome, alcohol-free life for young people, the very least that public-spirited citizens can do is to see that the best literature on the subject is available for their use.

Now, after almost five years of constant contact with teachers and students, in an active educational program in the high schools of Michigan, it is my conviction that every one of the 24,000 public and private high schools in the United States should have from three to a dozen or more copies of THE INTERNATIONAL STUDENT coming to their libraries, coaches, and key teachers each issue.

New State Educational Program

Tested in Mississippi

A COMPREHENSIVE and modern system of co-ordinated education relating to the influence of alcohol and narcotics in human life, has been going through an extended test and is now in effective operation in Mississippi. Established and conducted as part of the State Department of Education, it has been growing in effectiveness, dignity and into definite activities in the working programs of schools, colleges and the general educational agencies of the state.

This new system of educational leadership is unique. Under the capable leadership of Miss Vashti Ishee, Supervisor of Narcotics Education, it has undertaken a comprehensive program that is based on the growth of young citizens, year by year, from childhood to mature responsibility. It has outlined and is conducting plans of instruction that ranges from the grades in the schools, through the high schools, to and including the colleges. But its particular emphasis seems to be in the higher schools.

With a view to the construction of this enlarged and scientifically supported program, under modern educational principles and procedures, Miss Ishee began four years ago to enlist and equip an adequate force of teachers to give instruction on the problem throughout the schools of the state. Then, it was discovered that, not only had very few teachers sufficient knowledge of the subject, but, also, that the facilities for training teachers in this field were very limited. From this situation grew the emphasis, given strongly these past four years, toward increasing the opportunities for students and teachers to obtain up-to-date preparation in the colleges and teacher colleges of the state. College professors, in substantial

numbers, were encouraged to attend the Yale Summer School of Alcohol Studies, and have been doing so. Now, courses of improved instruction are being offered and colleges have been integrating the subject into their courses on health, biology, psychology and other related fields.

An illustration of the growing program for equipment for teachers, and also for college students in general, is the one at Mississippi Southern College, Hattiesburg, where a course of instruction is in progress this 1949 Spring Quarter. It is Biology 119, **Alcohol Studies**: the application of scientific discoveries to the solution of the alcohol problem, a two-quarter, one-hour credit course, with 22 students enrolled.

In detail the course includes, as major divisions for lecture and discussion: Statement of the Problem; Metabolism of Alcohol and its Physiological Effects; the Alcoholmeter, how it works and its utility to police; Psychological Effects; Sociological Approach; Educational Approach, Economic Significance; Findings of Psychiatry Regarding the Alcohol Problem; Legal Methods of Control; Philosophy of the Temperance movement; the Alcoholics Anonymous movement. Special lecturers include Miss Vashti Ishee on the educational aspects; a psychiatrist, a judge, an A.A., and a sociologist, in addition to the professor in charge.

The same course, by Dr. Walker in the summer session 1948 at the college had an enrollment of 48. Interest was so great that visiting lecturers had to pull themselves away from the questioning that followed their lectures. And this was after a two-hour session at night in mid-summer.

"It was remarkable," writes Dr. Walker, "to see the young men so interested, including the young veterans. I have been extremely well pleased, even surprised, with the attention that college students are taking in the course."

The alcohol education program in Mississippi includes the organization of teaching throughout the public school system of the state; conferences among teachers and school officials; contact with the public through Parent-

Teacher and other agencies, and the preparation of material for teachers. One bulletin, issued recently, is "The Relation of Alcoholic Beverages to the Development of a Healthy Individual."

With this comprehensive program Mississippi has become one of the most progressive of the seven states that provide supervision of Alcohol Studies in and through their Departments of Education.

OUR LIQUOR SOAKED MOVIES

(Continued from Page 164)

intersection of Forty-Second and Broadway and the intersection of Hollywood and Vine. It is a world of false "sophistication," a world that is governed by a code of ethics and moral values foreign to ninety-nine per cent of America.

And in that world, among these people who like to sneer at the "Babbitts" whose contributions have made them wealthy, the use of liquor is indeed a cornerstone of social usage. It is characteristic, I think, that in this strange world of show business the rare individual who is a teetotaler because of principle is usually a target for ridicule while the confirmed drinker who is temporarily "on the wagon" because of past overindulgence is understood and showered with condolences.

Consider, I say, the background of these people in show business, and I think you'll see why it's easy for them to jump to the conclusion that they are merely being "authentic" when they make drinking an inevitable social "must." Nor do most of them ever consider the fact that such scenes may be offensive to many persons in motion picture audiences. By the same psychological process, cannibalism would not seem bad taste to cannibals.

Mental Laziness a Factor

There are, of course, other explanations for the prevalence of drinking scenes in today's movies. One is the combination of mental laziness on the part of writers, directors and producers, and ineptitude on the part of players. When the writer or the director can think of nothing else for his players to do, he has them call for

a drink—and fifty per cent of the so-called actors and actresses in the motion picture industry welcome the drink with heartfelt gratitude because they are so poorly trained for their profession that they don't know what to do with their hands while playing the average scene. Movie fans, I think, would be amazed if they knew how many of their favorites are dependent on mechanical aids such as a cocktail glass to hold or a cigarette to smoke.

Liquor Lobby in Hollywood?

But there's still a third reason—and this time the charge to be made harks back to my previously stated conviction that some of the pro-liquor propaganda in today's motion pictures is deliberate rather than inadvertent. I believe, though I cannot prove, that the liquor interests maintain an active lobby in Hollywood. I believe that this lobby seeks to use the screen as an "institutional" advertising medium, and I believe that it has been able to achieve much of its purpose.

Some years ago (and at that time, drinking scenes were far less common than they are in the pictures made today), screen heroes and heroines, when ordering drinks for movie purposes, usually ordered "Scotch and soda." When they served wine before the camera they served imported French vintages, easily identifiable by the labels on the bottles.

Such a state of affairs could not be tolerated without protest by American distillers and vintners, interested in selling their own wares. I have it on excellent authority that the protests were well organized, well presented and backed with inducements of the sort most apt to command attention. Significantly, the hero's order began to be "bourbon and soda." Significantly, the number of drinking scenes began to increase. Significantly, the ban against any mention of off-screen drinking by stars began to weaken. Significantly also, the number of "important" studio workers able to boast that they buy their liquor at wholesale prices (or at no price at all) became legion.

Knowing Hollywood as I do—knowing that manufacturers of almost every commodity under the sun try to effect "studio tie-ups" for the exploitation of their wares in movies—I haven't required documentary evidence to

believe the detailed reports that I've heard regarding the presence, and effective activity, of a liquor lobby. Two and two add up to four.

I am often criticized in Hollywood because I dare to criticize Hollywood. Why should I concern myself, I'm asked, with charges that this picture exploits crime, or that that one condones immorality, or that another glamorizes drinking? Well, in answer, I'm willing to take the motion picture industry at its own self-evaluation.

Movies the Universal Teacher

The other night I attended a banquet at which several studio czars made speeches. On one point they were proudly and vociferously agreed: the motion picture, they affirmed, is today the great, universal teacher, the one medium of thought which hurdles the barriers of lingual differences and exerts the greatest possible influence upon the thoughts of all peoples.

I'm not quite ready to believe that all the superlatives are justified; I'm optimistic enough to believe and hope that the voices still heard from America's pulpits and in America's schoolrooms are powerful enough to carry conviction. But I will agree with those Hollywood spokesmen that motion pictures do exert a powerful influence on public thought.

And that is exactly why I decry the persistent, needless and inexcusable intrusion of drinking scenes on the screen.

Hollywood—and again I say, “consciously or inadvertently”—is trying to sell the idea that drinking is the “smart thing to do,” and it is using, as its salesmen, stars who are idolized by millions of youngsters.

The liquor industry, from distiller to cocktail-bar operator, is being excellently served!

Any substance that subverts our intelligence should be avoided by everybody, not just by locomotive engineers and doctors.—DR. GEORGE W. CRANE, in his column, *Chicago Daily News*.

A.A.'s—The club with the highest initiation fees ever charged by any club in the history of the world.—DR. GEORGE W. HAGGARD, Yale School of Alcohol Studies.

PRESSURES OF THE ALCOHOIC CULT

(Continued from Page 172)

Cult of Sophistication

A fashion trait in the circles of "the younger set" in easy financial groups is to take a superior attitude toward the problems that perplex ordinary people as to the consequences of free indulgence in alcohol. To be indifferent to any concern for results is a cultivated attitude of the cocktail room, the super-modern bar, and other "pink elephants." The prestige and wealth of these groups give them influence far beyond their importance. This attitude appears prominently in liquor advertising and trade propaganda.

"The young and charming girl, in a shining jacket, sat having a cocktail in the ornate cocktail bar, at the cocktail hour," writes Zona Gale. "Everything pleased her . . . the party was to her liking, this bar was one of the busiest in town; she felt herself at some apex of sophistication, or power to enchant, to assess her little world, to be at home among its standards. . . . They had been saying something about Paris—and every nook and corner that was mentioned she knew . . . London—shops, hotels, gossip—she had them all. . . . Hollywood, the Miami race tracks. . . . They knew everything, there at the cocktail bar, save what they were doing . . . ask any of them the simple facts related to this that they were so busy about and the answer would be a tolerant: 'I wouldn't know.' Bad taste to know . . . that any amount puts some of the brain to sleep."

Prestige, Strength of Cult

A continuous occasion of alcoholic indulgence and its greatest perpetuating influence is social tradition, the customs and attitudes of one generation transmitted by unthinking imitation to the next; from one social stratum to another, or from a "superior" group to an "inferior." The association of choice wines and liquors with "high society," the pleasures of the rich and successful, the banquets of the

"élite," the formalities of official receptions, give to intoxication pleasure, in the view of the masses, a halo of dignity, an importance not to be found in what actually happens in these functions.

Conspicuous social drinking has dominant influence throughout a nation, community, or people because of the elevation at which it occurs and the wealth and power it exhibits. A cocktail party at the capital to a visiting delegation from the home town; the stream of cocktail parties in the social season in "polite" Washington; the dignified serving of expensive wines at the banquets of the "upper strata," set the fashions of the capital or metropolis and in turn of a small city, town and any social-climbing group.

"It was the fashionable wealthy who inherited the tradition that a gentleman always serves wine at his table, who set the most influential example of law violation during the prohibition period," wrote the historian, Slosson. "This class and their sons made disobedience respectable in their set."

At a New Year's party in "society Washington" at which the wealth on display required a guard of seventeen private detectives, the 325 guests "consumed 480 quarts of champagne, 268 fifths of Scotch, 48 quarts of cocktails, 36 bottles of miscellaneous liquors, and 40 gallons of beer."

Such gestures of swank and self-maximation are not infrequent expressions of liquor culture in the expensive strata of society in any country. The news reports of social drinking in the upper bracket income group, and the local "highlights" of smaller cities, illustrate the prestige displayed in and for social drinking, in imitation of the "higher ups."

The cult is made strong by the example of families and groups in positions of leadership in the community and nation. It is kept active and vigorous, in spite of daily tendencies to excess, modern scientific knowledge, and the economic burdens it creates, by style and customs under their leadership. "If they do, why should not we?" is the democratic demand of many on the edge of poverty, who

have greater need for the release that liquor seems to offer, but who secure it only at a cost in health, ability to face hard conditions, and money that is too great to be borne. The final results of conspicuous liquor customs among the influential reach far out through the middle classes who want to "keep up with the Joneses," to the masses who can least afford such indulgence.

Alcoholic Sociability

The pleasure of an hour or two that many gain from alcohol, doubtless, is a sense of increased freedom in social contact. But the setting free of the emotions by this means includes both the inhibitions that suppress and those that guide discriminating action. Because of the latter it is *extremely subject to serious questioning.*

In ordinary social life, composed as it is today, alcoholic sociability is *release of the lower at the expense of the higher*; of the primitive at the expense of the cultured; of the emotional at the expense of the intellectual. The pleasures gained are those of the child rather than those of the adult, of the immature rather than the mature, of the animal rather than the intellectual and spiritual elements in human character.

A vivid picture of alcoholic sociability is given by Dr. Strecker: "Observe any party that is fairly 'moist.' The individual personalities of the members of the group soon become submerged in the flowing bowl, and there can be traced a common pattern of behavior which has regressed to a level far lower and far less responsible than the customary behavior level of the members of the group."

Seeking an Effective Basis Toward Solution

Of the three *main sources* of the Alcohol Problem, personal, social and economic, that of social influence is least understood and frequently overlooked. Yet it is basic to all others. For it is the traditional use of alcohol and the pressure of prestige and fashion that, together, constitute the source that initiates drinking in each new generation and causes it to continue until heavy drinking, alcoholism and

the blighting consequences of the cult have time to develop.

The *inner disorders* of the individual that lead to alcoholism, a basic source, and the rehabilitation of the victim, are now being faced frankly and effectively by psychologists, psychiatrists, doctors, health and welfare experts, counselling ministers, and especially the A.A.'s and Salvation Army.

The *economic and related* forces have been the major object of attack for a century or more. They were very severely weakened—de-legalized and largely outlawed—over a substantial period of years in the United States, and on the decline in other countries, as well.

But *those that are social* in character, tradition, the prestige of the influential classes and the folkways of certain nationalities and large groups, have remained largely intact during the years.

This basic source—the taproot of the drinking cult—can not be rightly ignored. It should be examined in the light of scientific understanding of what it is, and of individual and social responsibility for social consequences. It should be replaced by the normal, healthful social life that the cult of alcohol has displaced. And it must be removed as a source of alcoholism.

Program for Today and Tomorrow

Combining a century of experience with modern scientific study, it seems clear that a greatly enlarged approach to the problem of alcohol is necessary today. It will include action at *three basic sources* all at the same time.

(1) It will seek to strengthen the individual who is weak, or easily susceptible to "alcoholic sickness." It will provide sanitation against the spread of alcoholism, and aid to rehabilitate the heavy drinker and the alcoholic.

(2) It will elevate the natural, nonalcoholic life as the normal and healthful life. It will examine freely those traditions, customs and fashions that initiate youth—both neurotic and normal—into drinking habits and encourage them to continue until they become inebriates. It will identify and seek to reduce the prestige and suggestive

force of the drink cult and its tendency toward greater and greater indulgence. It will make known the scientific knowledge regarding the low-grade forms of sociability that progressively follow much drinking.

(3) It will identify and seek to remove the pressures that constitute the economic source of drunkenness and alcoholism; the economic gain—private and public—that comes from exploitation of the desire for and escape into drinking. For in the commercial exploitation of the alcoholic desire, as it works itself out through advertising, trade promotion, unnatural and vicious illustration in the moving pictures—and a hundred other forms, economic, civic and political—there exists a force that conditions youth and seeks to control public attitudes and opinion. It initiates a new stream of alcoholics more rapidly than the psychiatrists, the A.A.'s, the welfare workers can restore them to the natural healthful way of life.

This is a long-time program. But so is the problem--and as vast, complicated, world-wide, as is the problem of war, with which only it can be compared. But people of heart, vision, and educated intelligence did not quit when the League of Nations failed to accomplish all that was expected. It was the first undertaking on a scale large enough to even vision its purpose. And it made the present United Nations *both possible and imperative*.

No *less realistic* is the basic approach to the cult of alcohol. It must be undermined steadily, by education and educational propaganda; it must be replaced by ideals of normal, healthful living—by customs and attitudes that fit the needs of today, and its economic source weakened and removed by progressive democratic decision.

For neither the stimulation of war nor the intoxication of alcohol accomplish anything worth-while; both give, instead, illusion—for a brief period. And both are followed by a "hangover"!

At least 60 per cent of traffic fatalities are traceable to the use of alcohol.
—JUDGE HARRY H. PORTER.

SPREAD OF DRINK AMONG COLLEGE WOMEN

(Continued from Page 166)

Frequency of Drinking Among 336 College Women

	NUMBER	PER CENT
Non-drinkers	45	13.4
Infrequent drinkers	83	24.7
Occasional drinkers	68	20.2
Near-regular drinkers	50	14.9
Regular drinkers	90	26.8
Total	336	100.0

Other suggestive facts include the following:

That "the non-drinkers and the infrequent drinkers attended church more often than did the frequent drinkers." This point, however, was marked as "inconclusive," and the implication made "that in spite of the attitude of the churches toward drinking, the **impact of changing social mores** was great enough to turn the behavior patterns of these young women in the direction of drinking in a large number of cases."

Further, "that most of the young women who drank did not do so surreptitiously but did so with their families. . . . This reveals, perhaps more than anything else, the tremendous change in mores in the past generation. . . . There appears to be little serious or at least effective objection by the parents of these young women to their drinking."

Quoting: "Two findings seem to be outstanding in this phase of the analysis, namely: (1) frequency of drinking and frequency of dating were closely associated, as would naturally be expected; and (2) the chances of being attached were also associated with frequency of drinking, but inversely—that is, a larger proportion of nondrinkers were attached than were drinkers."

Again: "It seems certain that frequency of drinking was closely related to frequency of dating. Drinking, in other words, was part of the dating pattern in a large number of cases."

In the city of Boston, 85 per cent of the children supported by public care had to be committed to that division because of the drinking of their parents.—ANNA MACAY, Deputy Commissioner, Child Welfare Division.

INTERCOLLEGIATE ASSOCIATION SEEKS FREEDOM

(Continued from Page 178)

and narcotic instruction in the Educational Departments of seven states with capable directors giving full time to the organizing and management of educational programs for all the schools of these states: Ohio, Mississippi, Florida, South Carolina, Idaho, Montana, Utah.

Enlargement Now Imperative

The vital program of the Intercollegiate Association, with its substantial variety of activities, has been accomplished in 1948 at a cost of \$13,384.23. This was done—and could only be done—because of the devoted cooperation of a few fellow workers, the part time of several, and the day, night and Sunday service, at very low salaries, of those giving full time to the Association.

But for the immediate future, an additional \$5,000 is imperative to continue the service of the INTERNATIONAL STUDENT; another \$5,000 for contests, salaries, literature and prizes; an additional \$3,000 for student conferences; and \$5,000 for Intercollegiate speakers of special ability to command the confidence of students.

This intercollegiate field is vital beyond measure in the movement to understand and to free humanity from the cult of alcohol. No other can surpass it—few can equal it in creative possibilities for the future.

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THE
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OCTOBER
1949

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

High Educational Leadership Advances

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Challenges the Christian Student

Alcohol - Youth in the Courts

Economic Aspects of Alcoholism

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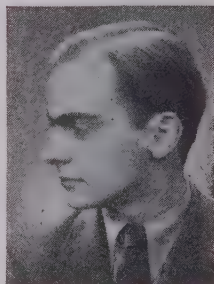
Vol. 47, No. 1

HARRY S. WARNER, *Editor*

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Expanding *International Student Council*

UNIQUE among student movements is the very active Non-Alcohol Student Society of Sweden—S. S. U. H.—organized and conducted wholly by university, college, technical and other students. For many years, its objective, educational activities have brought into public leadership a succession of young men and women who stand for a national culture freed from alcohol.



The *International Student* welcomes Mr. Bo. Nilsson, student of medicine at the Karolinski Institute, Stockholm, to membership on its Student Council. Following his university course, he attended the Yale School of Alcohol Studies, one of two Swedish students in 1947.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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High Educational Leadership

In a New Advance on the Alcohol Problem

By HARRY S. WARNER

THE INCREASING INTEREST of recent years—and of very recent months—in the questions of alcohol and alcoholism, that has been expressed by colleges and universities, is rapidly becoming a powerful factor toward better understanding and ultimate solution.

For this growing new interest is beginning to mark a trend in positive leadership that is more and more widely found among institutions and leaders of high education—a trend that has already brought into this field of public welfare a dignity, a forcefulness and a scientific basis that has unlimited meaning for the future. And it is continuing to spread.

Since January 1, when a survey of current activities in education on the Alcohol Problem under university, college and high school sponsorship was published by *The Intercollegiate Association*,¹ additional clear-cut advance was continued. Five types of such leadership, noted in the past, have been tested again and made successful in different centers. Together, they illustrate the several directions in which modern education, using the results of earlier and later research, is now dealing with the drink cult, its alcoholic victim and its out-working into present-day living. Concrete examples from the first half of 1949 include the following:

1. Initial consideration in a college or university;
2. Instruction in a college course;
3. Seminar for ministerial students;
4. Welfare and curative service;
5. Community leadership and preventive activity.

¹See *International Student*, January, 1949.

University Gives New Attention

1. In an initial approach among the students of a university or large college, a program has been tested and made effective for two years in succession at McMaster University, Hamilton, Ontario, Canada. It is a series of lectures and free discussions of late scientific information, with class sessions, by a specialist who has had preparation at the Yale School of Alcohol Studies, Mr. John Linton, educational director of the Canadian Temperance Federation. Invited by the president and dean of the university, this program has been approved as both realistic and successful under present conditions. It included, also, a supply of recent scientific and educational books and pamphlets for the university library.

Representative College Acts

2. Unexpected interest in the alcohol problem as it comes to college students today, appeared at a representative college—Millsaps, Jackson, Miss.—this past semester, when a new course of instruction relating to it was offered by the college. Organized by Dr. Joseph B. Price, Professor of Chemistry, who had attended the Yale School of Alcohol Studies in 1948, an assembly announcement resulted in the signed application and registration of 78 students who wanted to take the course, over one-tenth of the student body. While the college seeks to keep class enrollments as near to thirty as possible, this unexpected interest seemed to warrant an exception, so that 73 finished the course, took the examination and earned the credits assigned.

The book, *Alcohol, Science and Society*, lectures at the second Yale School of Alcohol Studies, was used as text, with other publications from Methodist, Presbyterian and *International Student* sources for reference purposes. The credit given was three semester hours. Two written tests and one examination based on the text, and a term paper on a theme that called for independent reading, were required for completion of the course.

Introducing the course, Professor Price gave three lectures concerning the magnitude and significance of the problem and a discussion of the physiological effects of alcohol. Other faculty members at Millsaps and special-

ists from outside continued the factual material in lectures, each from the background of his particular field, as follows:

Three sessions were devoted to the psychological factors of drinking and alcoholism by Dr. Ray S. Musgrave, Professor of Psychology; two lectures to social problems connected with alcohol by Dr. V. L. Wharton, Professor of Sociology; one, on the history of the Temperance Movement, by Prof. James Ferguson, of the history department. A local Alcoholics Anonymous member, a talented speaker, greatly impressed the students at his session and drew an overflow crowd of visitors. The Economic factors of the problem were presented by Dr. E. S. Wallace, Professor of Economics at Millsaps.

Two psychiatrists lectured on the psychiatric approach to alcoholism and its treatment: Dr. W. L. Walden, in two sessions traced the growth of personality from the beginning of life and pointed out the factors which may lead to alcoholism as a substitute to the facing of reality, and Dr. Donaldson, in one, presented the treatment of the alcoholic. Two lectures on the moral aspects followed, by Dr. N. B. Fleming, Professor of Philosophy. Mrs. R. R. Priddy, speaker to young people and church groups, lectured on "Social Responsibility" concerning drink. Rev. J. S. Connor, Methodist pastor of Jackson, spoke on "The Church and the Alcohol Problem"—a lecture that brought out the keenest discussion of the series between views favoring abstinence and those favoring moderate use.

Two lectures in practical educational activity were given by Miss Vashti Ishee, Supervisor of Narcotics Education in the Mississippi State Department of Education, one on the Yale Plan and the other on the comprehensive program in operation throughout the state, including direct service in the schools, training of teachers for all grades in the public schools and education of the public.

"Although the class periods lasted an hour and fifteen minutes," wrote Professor Price, the instructor, "the students seemed never to get bored. The visiting lecturers were always besieged with questions, and at times there were very lively arguments. The lectures for the most

part were objective in nature." Of those who enrolled, 41 look forward to religious life-work, five to teaching, three to medicine, the others not reported.

Because of the keen interest shown, the number of students taking the course, and the desire of the college to keep classes smaller, the course will be offered in both semesters next year. Plans for groups of able students who have taken the work to give programs in high schools and young people's groups are also being made.

Divinity School Seminar

3. A Seminar Workshop in study of the Alcohol Problem by ministerial students, extending through three terms of 1948-49, at Colgate-Rochester Divinity School, Rochester, N.Y., expressed a new sense of need for a more substantial understanding of the problem and the alcoholic, by young men entering church service today. Organized in the Department of Religious Education, Dr. Fred H. Willkens, Director, this practical course included lectures by specialists, discussion, research, workshop methods of finding effective approaches and material, and study of the particular phases that are most closely related to the work of the church.

The purposes of the course were, first, to acquaint students preparing for the ministry with essential scientific information regarding Alcoholism and the Alcohol Problem. Second, to assist them in preparing effective programs for use in local churches.

The subject matter of the fifteen sessions included the following:

- Nature of the Alcohol Problem

- Physical effects of alcohol

- Psychological effects

- Primary causes of drinking

- Major emphases in a program of scientific education

- Emotional disturbance, instability, immaturity—and how to reach these sources

- Care and treatment of those afflicted

- The spiritual counselor and the alcoholic

- Evaluation of church, school and other educational material and media

Teaching scientific alcohol education in the public schools

Teaching scientific alcohol education in the local church

The use of visual aids

Ways of relating the local church program to other temperance agencies

The seminar and workshop periods were originated by Dr. Fred H. Willkens, head of the Department of Religious Education, and Harry E. Titus, Executive Secretary of Allied Forces, Inc., of Rochester, and made a part of the regular curriculum as required work. The instructor was Mr. Titus. Coordinate with the course, in the Divinity School there was conducted, also, a Workshop for the Young Adult Department of the New York State Council of Churches.

Welfare and Curative Service

4. "Alcoholism: Its Causes and Control," was the subject of a new course at Cleveland College, downtown department of Western Reserve University, Cleveland, O., for eight weeks, March 18 to April 29 inclusive. It was designed, as an advanced special course, "to inform interested citizens, particularly the social worker, the policeman, the probation officer, the clergyman, and others whose work brings them into daily contact with the alcoholic." It was a series of basic yet specialized study and discussion, under the instruction of Judge Lewis Drucker, of the Municipal Court of Cleveland, head of the Welfare Federation Committee of the city, who had been asked by the college to prepare and conduct such a course at night to aid welfare workers and other students.

In addition to his years of experience in facing, as judge, a constant stream of repeating alcoholics and the results of their drinking on their families, Judge Drucker is in frequent demand as a speaker and writer on the problem. He was a member of the first Yale School of Alcohol Studies, which he attended to learn how better to deal with the Monday morning "drunks" that were brought weekly by the police to the courts.

The features of this College-to-Community service,

thus offered by the downtown college of Western Reserve, were as follows:

1. Definition of alcoholism by type: biological, sociological, psychiatric, medical.
2. Extent of the problem in the United States as it occurs in urban, farm, and industrial life.
3. Historical background of drinking as a part of the European and American culture pattern.
4. Effects of excessive alcohol drinking on society.
5. Attempts at control made through law, religion, society, scientific research, and education.
6. Treatment and therapy ranging from jail to the Alcoholics Anonymous program.
7. Community control through social agencies, legislation, enforcement of the laws, alcohol clinics, and the Welfare Federation of Cleveland.

Rehabilitation and Prevention

5. A school of Alcohol Studies and Workshop on Alcohol, sponsored by George Pepperdine College, Los Angeles, Calif., in mid-summer 1949, is the latest and a very significant enlargement of the leadership in total Alcohol Problem education now spreading widely among the institutions of highest learning in Canada and the United States.

It was a West Coast school of graduate rank, for community leaders, designed to make available "the latest information on **all the phases** of the subject;

"To present opportunity for participation in special workshops and seminars devoted to preparing new materials, techniques and methods of presentation of the subject;

"To develop a sound educational approach, without bias or partiality, to the various aspects of one of America's most neglected public health problems;

"To maintain complete objectivity throughout the entire session."

Held at Pepperdine College, August 8 to 19, three sessions a day, the course consisted of lectures, special classes in four major fields of study—Education, Ministry, Medical, Departmental—and of workshops to develop projects in each, trips to state hospitals and other

practical applications. Organized under the auspices of Alcohol Education Incorporated of California, the course offered credit of two varieties, one of two units, one of four units, according to the number of required lectures and field work chosen by the student.

Features of this substantial two-weeks program included the following:

"Orientation to the School and Workshops," and "Local Facilities for Treating Alcoholics," by the Executive Director, William L. Miller. A daily lecture by Dean Albion Roy King, Cornell College, Iowa, on the successive subjects, "Education or Propaganda," "Basic Information for Educational Programs," "Motivation Underlying the Habitual Use of Alcohol," "Alcohol—Sin and Redemption," "Techniques in Counseling the Alcoholic," "Personality Problems in Alcoholism," and "The Influence of Ethics on Social Attitudes Regarding Alcohol."

Three lectures on "Psychodynamics Related to Alcohol," by Dr. Kurt Fantl, Consulting Psychiatrist, Los Angeles City Department of Health; a lecture, "The Responsibility of the Church to the Alcoholic," Dr. Norman Taylor, of the Council on Alcoholism; "Delinquency Prevention through Education," Dr. E. B. Painton, practicing psychologist; "Rehabilitation Programs for the Alcoholic," Captain Harold L. Stallings, psychiatrist, L. A. County Sheriff's office; "The Emotional Basis of Alcoholism," Dr. Robert C. Robb, specialist in Psychosomatic Medicine; "Results of Recent Research," by Dr. L. E. Christofferson, American Academy of Applied Nutrition; "Effects of Alcohol on the Nervous System," Dr. Cyril B. Courville, L. A. General Hospital; "Positive Food Teaching," Alfaretta Johnson, specialist in dietetics; "Medical Problems of Arrested Alcoholics," Dr. Marcus Graham, psychiatric consultant, Courts of L. A. County; "The Need for Objectivity in Alcohol Education," Dr. D. Welty Lefever, Professor of Education, University of Southern California; "Alcoholism as a Mental Hygiene Problem" and "Social Readjustment of Discharged Alcoholics," by Dr. J. D. Warrick, psychiatrist, Camarillo State Hospital; an Alcoholics Anonymous speaker; "Alcoholism and Its Relation to Veteran Rehabilitation," Dr.

Jas. H. Rankin, Veteran's Administration Hospital; "Importance of Parent Education," Dr. Ralph Eckert, Calif. State Department of Education; a demonstration of the Alcoholometer by Police Lieut. Ted. R. Smith, Pasadena Police Department; "Readjustment of Discharged Alcoholics," Dr. J. D. Warrick; "Comparison of Current Techniques in Alcohol Education," Bergen Birdsall, Alcohol Education Inc.; a panel discussion on "Activities of Public Service Departments"; a Criterion for Evaluating Material on Alcohol," by Director Miller, and daily projects and field trips.

The last two days featured lectures by Dr. Haven Emerson, Professor Emeritus, Columbia University and former Public Health Commissioner of New York City. His subjects were: "Physiological Effects of Alcohol," "The Effects of Alcohol on the Cell and Heredity," "Alcohol as a Medicine," and "Rehabilitation." A "Synthesis of the School" by Director Miller, completed the session.

The fifty-seven attending included 22 educators, 9 religious workers, 6 medical men, 10 in public service and 10 in miscellaneous fields of service. The school is to be continued in 1950.

Conclusion

This new high-grade leadership in education on the Alcohol Problems of today, that has come to the front since the beginning of 1949, continuing the great advance taken by other universities, colleges, research agencies and related movements in the past few years, marks a many-sided approach to the problem—a realistic understanding of the various sources that must be reached and removed, if the question of alcohol as a whole, and its social burdens, are to be understood, reduced, and gradually removed from human living. Since it is comprehensive, it offers new and positive encouragement to all who seek constructive advance.

The largest group (of compulsive drinkers) consists of secondary addicts, or patients who became dependent on alcohol because of *repeated social* drinking. Prior to addiction, the patient was a reasonably well adjusted social drinker. Then situations arose which were followed by heavy drinking and alcoholism.

—DR. ANDREW C. IVY,
Vice President, University of Illinois.

Just About Now

RAYMOND E. MANCHESTER, Dean of Men,
Kent State University

ABOUT NOW, on each and every college or university campus in the U.S.A., a very small group of misguided and unfortunate persons are suggesting to freshmen that the way to be collegiate is to hang around beer joints, haunt cheap dame dumps, neck in cars, act like rowdies and spend leisure hours in trivial activities.

I use the words misguided and unfortunate purposely and with intention. The self-appointed guides and counselors are misguided because they have failed to catch the significance of the college experience and do not appreciate the difference between the fine things of life and the questionable things of life. They have failed to realize that the college man is the picked man who has been carefully selected, after a long succession of tests and checks, to be given the opportunity of having membership in a group of the best in the human family. They have not yet caught the spark that sets fire to a man's feelings of responsibility to his fellowmen and to the causes of uprightness and courageous leadership. They are strangers within the flock who lack sensitivity to excellence and, therefore, continue to perform on an activity level entirely separated from the recognized patterns of campus life.

They are unfortunate because they have miffed their opportunities and their chances. One of the great tragedies in any individual's life is that of failure to accept offerings of great value because of ignorance, carelessness or laziness. These persons, wallowing in their wild assortment of two-for-a-nickel notions, have nothing to offer except to say "come on down and wallow with us." Unfortunate? Yes, because they have so little themselves and so little to recommend to others.

From *The Saturday Letters*, May 28, 1949, a unique and popular series issued by Dr. Raymond E. Manchester, Dean of Men, to students, alumni and friends of Kent State University, Kent, Ohio. This letter is entitled in the original, "To Freshmen—Just a Word—Please."

Yale Institute In The Southwest Continues Alcohol Studies

A NEW EDITION of the Yale University School of Alcohol Studies was held this year at Texas Christian University, Fort Worth, as an extension and enlargement of the original Yale Plan. Including four full weeks, July 5 to 29, it was the largest in attendance yet held, with 165 registered members and from 30 to 40 daily visitors, a total average of 200.

The program of the School, similar to that of the past six years at Yale University, was under the supervision of Dr. E. N. Jellinek and the experts from the Research Laboratory at Yale, together with a large and high-standing force of lecturers and specialists from universities, health and welfare agencies of Texas. But two new aspects were explored in lectures—"Alcoholic Addiction in the Light of Moral Philosophy," and "Adult Education," the importance of taking education on the problem to the public and not merely into schools. As a result of this substantial and successful adventure of the Yale School of Alcohol Studies into Texas, and the enthusiastic interest developed, future summer schools will be held, alternately by years at Yale and Texas Christian.

Significant in the enrollment of this year is the large number of educators—college professors, high school officials and teachers—relatively more than in any previous session. There were 17 from one state, Alabama. Many ministers, as usual, and welfare workers were enrolled; not so many A.A.'s, as at New Haven, but as a new feature, police officials from Houston and Dayton, Ohio; foreign countries were represented by members from Sweden, Finland, Egypt and China.

This 1949 School at Fort Worth, as in previous years, was of university graduate rank, designed to bring out the basic knowledge regarding the problems of Alcohol and Alcoholism. Yet it was not a school for the training of experts, but one to show the complexity of the problem as a whole, to examine its various aspects and to indicate a comprehensive rather than an over-simplified approach to understanding and solution.

Choose For Yourself

THERE SEEMS to be quite full agreement among research scientists, psychologists and high health authorities, in recent years, that the first effects of alcoholic drink—and those resulting from the smaller amounts—are those that disturb the highest functions of the brain, those most recently developed in the evolution of the race and the experience and education of the individual.

“The direct effect of alcohol upon the nervous system in all stages and upon all parts of the system is to depress and suspend its functions,” is the summary made by the Alcohol Committee of the Medical Research Council of Great Britain, after surveying all the latest available scientific information.

This early suspension leads at once to an impairment, little or much, as the case may be, of the ability to judge, to concentrate, to estimate risk, to discriminate, to estimate or criticize one's own ideas of situations and conduct. It brings with it a sense of well-being and satisfaction, but of satisfaction with what? With a self that for the time being, at least, is not using and not capable of using his own best faculties.

It becomes a question. Why do people of intelligence and high standing often choose to put themselves into a state like this? Why choose pleasure for an evening or an hour that has so little scientific reason, that is so contrary in trend to the best results of modern research, and that so often causes serious results to others, younger, more immature, less knowing, following with confidence the customs approved by those whose prestige they respect most?

The “direct effect” of music, a game of golf, an auto drive, a thousand up-to-date means to release, recreation, social joy, upon the nervous system, is not “to depress or suspend” brain functions, but to exhilarate them. Why should alcohol be chosen with its attendant social dangers and personal risks by those who are, or aspire to be, leaders in the thought and life of today?

MAN'S URGE TO LIVE BETTER

IT IS MAN alone, of all living things, who has consciously and to a staggering degree changed his ways of living.

He has changed his food, clothing, and shelter. He has changed his methods of transportation and communication. He has changed his ethical and social codes of conduct. He has changed his organization for group living.

Man has employed imagination and logic, he has invented, he has developed new skills, he has created new concepts of values, he has manipulated the materials and forces of nature for his purposes. He has done all these things because of his urge to live better.

The distinguishing characteristic of man is his urge and capacity to live better.

—DR. KARL T. COMPTON, Massachusetts Institute of Technology, in a commencement address at Wooster College, Wooster, Ohio, June 14, '49.

Alcohol? A Program Paper

A Program Paper for Alcohol Education Committees, or College Group Workshops, edited particularly for college students by Alfred C. Payne, Associate Secretary, Y.M.C.A., Virginia Polytechnic Institute, is now available as the most practical and well-planned publication of the year—or ever in recent years. It is fully objective in approach, raising questions for study and discussion—not answering all of them—yet giving in clear, brief paragraphs much of the latest and basic scientific information. In outline, it includes: "What are the Facts?" (including "When Does Intoxication Begin?"); "What Does the Bible Say?"; "Danger Signals"; "Goals of Alcohol Education"; plans for organizing discussion, surveying and evaluating the campus situation; a Plan for an Intelligent Program of Campus Education; resource material and selected bibliography.

Prepared thus directly from a college campus by a keen and modern student of the drinking problem of today, with adequate scientific background, it offers a splendid program for constructive study and action. 15 cents per copy; \$1.25 for ten copies; Association Press, 347 Madison Ave., New York 17, N. Y.

In the city of Boston 85 per cent of the children supported by public care had to be committed to that division because of drinking by their parents.

—ANNA MACAY,

Deputy Commissioner, Child Welfare Division.

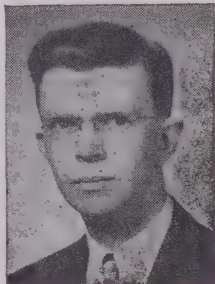
Collegiate Drinking Challenges The Christian Student

By STANLEY F. KNOCK, JR.

THAT THERE is drinking of alcoholic beverages on the college campuses of this country can't be denied. The examples are obvious, sometimes obnoxious. This fact confronts every Christian college student with an immediacy that is inescapable. What is he to do? Is he to drink? If so, why? If not, why not?

A key factor to remember when surveying the collegiate drinking scene of the present day is that, while there are some drinking patterns which are quite obnoxious, disorderly and anti-social, a majority of the drinking is "acceptable." But to whom it is "acceptable" varies widely. A majority of the students of the country accept it. Many faculty members and administrators do also. Officially, administration policies generally reflect the attitude of non-concern so long as no immediate embarrassing trouble results. Even with the Church-related colleges, with few exceptions, drinking among the students is to be found, if not in the majority, at least in a very large minority. This fact must be faced squarely before any position can be taken by the intelligent Christian college student.

However, this drinking is but a symbol of an attempt by the students to meet certain needs. It fulfills functions, sometimes clearly defined, sometimes quite obscure. Drinking on the college campus must be scrutinized carefully and understood for what it is and why it is. Two general functions are seen: sociological and psychological.



STANLEY F. KNOCK, JR.

Stanley F. Knock, Jr., is a student at Yale Divinity School, New Haven, Conn., and a member of the Student Council of *The International Student*.

Sociological Functions

These may be said to include those drinking patterns which are group patterns and serve a group purpose. To anyone familiar with the American college campus, these will be recognized to include drinking for fellowship at élité and common eating places; drinking at parties and dances; drinking at rites of fraternities and sororities; drinking at day-long special athletic events—boat races, football games; drinking for sophistication by freshmen; drinking just because the group does; drinking to gain group status. And there are others—drinking with faculty members and occasionally with administrators being quite frequent.

It should be noted that generally drunkenness is not considered proper by most students, although on very special occasions of day-long events, this is forgotten, and frequently there results a collegiate "Lost Weekend." However, this is but occasional, the mass of students are not continually drunk. These sociological functions are important because of what happens, and what they seem to indicate.

Psychological Functions

These may be said to include those drinking patterns which meet the needs of one person, regardless of their possible relationship to any group or groups. The borderline between this and the sociological functions is difficult to discern at times. However, certain patterns which definitely fall into this area would include so-called "exhibitionist drinking"; drinking to drown the sorrows of bad grades, lost lovers and bad experiences; drinking to forget a situation brought on by previous drinking; drinking to find self-satisfactions; drinking to aid sexual promiscuity. These patterns are not as obvious on the college campus, nor are they as frequent as the sociological patterns; but they, also, are important.

Naturally these various drinking patterns, whether sociological or psychological, present problems. The most obvious problems are those of the administrators, especially in the Church-related colleges. And the administration of the state college also has a difficult problem. But the most important problems are the ones least thought

A MAN WHO is intoxicated is no longer a man; he shows that his self-mastery is at the mercy of an excess which he cannot control. What confidence can we place in him? His weakness stupefies and slowly kills him.

—LECOMTE DU NOUY, *Human Destiny*, 151.

about—those of the individual who drinks—the student. Were it just bad grades, it wouldn't be too serious. But it is more, much more. Of course there is the drunkenness, with its well-known results. Of more importance, however, are the anti-social acts which go with the drinking patterns, the degrading of human person, immorality, the degrading of the personality psychologically with the resulting attitude of defeatism. Still, important as these are, they are not the basic or most important problem presented by collegiate drinking.

It has been noted that most of the drinking is "acceptable," and that drinking does not always lead to the above results. The real problem, therefore, seems to be in the realm of what is indicated by "acceptable" drinking. Remember that it is drinking for fellowship, for companionship, to belong to a group or to be popular. Why resort to drinking for this purpose?

The functions of this collegiate drinking indicate that certain needs of college students are not being met. What are these needs? Are they just friendship, companionship, and the like? Only the naïve would answer "yes." Basically, they are the needs of direction and purpose in living. The real problem is that many students are living only a surface-type existence; to them drinking gives the illusion of meeting needs which are not otherwise met. It is an illusion; for *drinking can never give real purpose and direction to any individual life.*

Challenge to the Christian Student

What, then, is the challenge to the Christian student? This is a real challenge! Some Christian groups condone

drinking of sorts ; some oppose any sort of drinking. This challenge can't be met by any one group claiming to have "the light." Rather, it must be met by the individual Christian student in as intelligent a manner as possible. How is this possible?

Purpose in Living, Not Illusion

First, the student must know and understand what the situation is. The facts which have been outlined must be made known to him as they are. Second, and this is the important point, the basic underlying teaching of Christianity must also be made known, that which is beyond dogmatic doctrine, the universal beliefs. Third, a relevant application of these beliefs must be made to the present situation of the student and with direct reference to drinking. This can't be done? Not only can it, but it has to be done!

Christianity claims to give purpose and direction to everyday living. The Christian student must make this more than a claim ; he must make it a fact. If the Christian college student makes his Christianity what it ought to, and can be, he will find purpose and direction for living. It will be discovered then that drinking will not be needed as a substitute. The purpose and direction in living which has been ordained of God will lead the student through a life which will find no room for the sociological or psychological functions of drinking. But more, the life will be one which could never be realized through drinking.

The challenge to the Christian college student is to make his faith applicable to this situation and proudly live his faith. Idealistic? A college student of these days would not think of doing it? On the contrary, it is realistic and quite practicable. What is more, it IS being done—the challenge is being met by Christian students of this day! But the group is small, almost a "faithful remnant." The Christian students in each incoming class of Freshmen must face the situation and meet the challenge squarely. Until this is changed, collegiate drinking challenges the Christian student.

Alcohol And Youth In The Courts

By JUDGE LEWIS DRUCKER

The Municipal Court, Cleveland, Ohio

MRS. DEVLIN was quite perturbed when she found that the probation officer would not make a recommendation to the court that her sixteen-year-old son Jim be put on probation and referred to Alcoholics Anonymous.

Jim was on the docket today charged for the fifth time with disorderly conduct and intoxication. He was a junior at the high school and, though he had received his letters in basketball and football, he was known to have broken training rules and for a period of more than a year now had been causing difficulty in the neighborhood by his heavy drinking bouts on Saturday nights.

He had been put on probation. He had been warned. He had been threatened. He had been lectured. He had given faithful promises, but nevertheless his excessive drinking had continued.

At the beginning the police would permit him to sign a waiver and he would be golden-ruled. This gave him his release after he had spent several hours in jail and the effects of his drinking had somewhat worn off.

Mrs. Devlin had pleaded with the probation department for further consideration and leniency. She said that at the beginning she had been rather amused by his antics when he came home "high," but in the last six months had done everything in her power to dissuade him. Despite all her efforts and pleas, entreaties and tears, Jim's drinking had continued. There were times when he would

By permission from *Listen*, Journal of the American Temperance Society, Washington, D. C., under the title "Alcohol Trips Youth at the Bar." Judge Drucker is a high expert in the Courts of Cleveland, and widely known for his deep interest in the youth—and all inebriates—who come constantly before the city courts for decision and action. His constructive leadership in this field is outstanding.

not come to class because of a hangover and a heavy head. She was now pleading for another chance after his fifth arrest.

"No," said the judge to Mrs. Devlin, "I do not believe that it can be helpful nor worth while at this time to attempt to interest the Alcoholics Anonymous in your son. We want you to know that we have had a very long session with him. In our opinion he is not ready for Alcoholics Anonymous.

"He is too young and has not suffered long enough to be humbled. Alcoholics Anonymous can do nothing for him as long as he struts around with the sophisticated self-assurance of youth. He is convinced that he can control his drinking; he maintains that he is not weak-minded and that he is certain he can stop his drinking at any time. He does not recognize it as a problem which interferes with either his studies or his social life. I do believe he is sincere and that he means what he says. He seems to be very repentant and regrets all of the pain and anguish he has caused you.

"I also think it was helpful to have him sit in the courtroom while I questioned the drunks who appeared in the morning 'parade.' He sat and listened to some of their stories, and he began to realize that there were men facing the judge who had been fine sons of fine parents. He was startled to see the motley crowd, some unshaven, unkempt, who had been unemployed for months, who were now common derelicts, 'soaks,' and 'bums,' but who are college graduates. Jim may have learned a lesson. He was positive that he could stop his drinking and certain that he would never become a 'bum' or a 'soak' like them.

"He repeated, however, the oft-quoted phrases with which the chronic alcoholic rationalizes his drinking. Jim said: 'I drink only when I want to get a little "high." I have more fun when I have a few shots under my belt. You see, judge,' he said, 'I don't want to be a sissy when I'm out with the gang. I am sure, judge, if you give me a chance I could leave it alone and take it only on rare occasions and limit the amount that I take.'"

"Do you think he'll quit drinking, judge?"

"No, Mrs. Devlin, we cannot be certain that he will

stop drinking. His answers are no different than those we have heard from other youth and even adults."

"You think he will become an alcoholic, then?"

"No, I cannot say whether or not he will become an alcoholic. Unfortunately, neither the expert, the psychiatrist, the scientist who has made a study of alcoholism, nor the physiologist can determine in advance who among drinkers is going to become a chronic alcoholic.

"You must remember, too, Mrs. Devlin, that among America's chronic drinkers you will find that the addict usually started his drinking at high school age and that his subsequent addiction to alcohol came over a period of years. He may have started his drinking as part of the pseudo 'good sport' philosophy, or at a fraternity gathering, or at a house meeting, or on a night out with the boys. He never started out with the idea of becoming an alcoholic. He was always sure that he could control his drinking and that he could stop when he wanted to stop.

"*The Grapevine*, which is the official magazine of the Alcoholics Anonymous groups, published in its May, 1945, issue a questionnaire designed for members of Alcoholics Anonymous. The object of the survey was to gather information on the ages of alcoholics at the times of certain events which the designers of the questionnaire assume to be of significance in the drinking history of the alcoholic. The data obtained was to be used for establishing the significance of certain behaviors and what may be called a phaseology of alcoholism.

"After the questionnaires were returned the editors of *The Grapevine* requested Dr. E. M. Jellinek, director of the Section of Studies on Alcohol of the Laboratory of Applied Physiology of Yale University, to prepare a statistical analysis of the data.

"He published the results of that survey in the *Quarterly Journal of Studies on Alcohol*, under the title, 'Phases in the Drinking History of Alcoholics.' In addition to many interesting developments of the study, Dr. Jellinek found that though as a rule alcoholism in men developed between the ages of 45 and 55, the survey indicated that 50 per cent of the men had reached their lowest point (uncontrolled drinking) before the age of 40. The lowest

point was reached by nearly 22 per cent of the men before the age of 35, and nearly 25 per cent were in the age class of 35 to 39 years.

"Loss of control in the drinking situation, according to Dr. Jellinek, occurred in 20 per cent of the men before the age of 20 years and in 39 per cent before the age of 25 years. The early incidence of loss of control indicates that the inception of alcoholism took place in one third of the alcoholics between the ages of 17 and 21 years.

"You see, Mrs. Devlin, that your son's problem is not unique. It is fortunate that you have been sufficiently aroused by his dangerous condition to make up your mind to do something about your son. My fourteen years of experience as judge of the Municipal Court of Cleveland and my work as chairman of the Welfare Federation of Cleveland Committee on the Problems of Alcohol, and cooperation with other agencies, as well as my personal knowledge, and study, have *convinced me that the advice to give our youth is that they leave alcohol alone.*

"It is not necessary for them to drink alcoholic beverages. We now know more about alcohol than we ever did before. Scientific research has definitely established proof that alcohol impairs both body and mind. We know from many experiments that alcohol affects the nerve centers first. It has been well established by research and experiment that alcohol interferes with the exercise of our best judgment. Anyone who has a serious task to perform or who relies upon the alertness of mind and the keenness of judgment will find that both are impaired after one has taken even a 'snifter' or a 'lift.'

"Recently there were some experiments conducted among the school children of Brescia, Italy. The study was made on a group of 4,000 students. You must remember that Italy is a wine-drinking country. The findings of the survey are most interesting.

"In a group of 462 nondrinking students almost one half had high grades, and only a few had poor grades. In a group of 1,516 children who were occasional drinkers less than one third had high grades, one half had fair grades, and more than one fourth had poor grades. There were 2,021 children in a group of daily drinkers. Not one

third of them had high marks, a few more than one third had fair marks, but there were as many with poor marks as there were in both the occasional and nondrinking groups combined. The study made by Dr. Bayer on the scholarship of 591 school children in Vienna showed the same tendency for high percentage of high grades and low percentage of low grades in the nondrinking groups and the reverse in the group getting alcohol once, twice, or three times daily."

"It seems hopeless, judge. I'm afraid we are too late."

"No, Mrs. Devlin, I would not say that it is too late. There is still time for you to be helpful. Why not try a change of tactics? Tell Jim the truth rather than resort to threats and lengthy preachments. You can not teach morals merely by lecturing, scolding, or sermonizing.

"You must present patterns of behavior which are based on reason, your own example, and good morals. You, too, can learn the scientific truth about alcohol so that you can intelligently explain the facts to him.

"We have learned that alcohol is a poison and a narcotic. We have found that it is a depressant and that one can become addicted to its use.

"Youth does not need to be concerned about an escape from reality. Youth does not have to find a refuge for its inhibitions or escape from repressions and frustrations in alcoholic indulgence. Youth has vigor, strength, and moral courage. Youth can be taught that it is the strong character who has the courage to stand alone; it is the weakling who resents being called a 'sissy' because he will not join with others in injuring his body and mind.

"Youth should be given every opportunity to channel his abundant energies through well-directed and supervised recreational activities. Their energies and their interests can be absorbed by extracurricular programs under the direction of trained workers and group leaders. Youth must be brought to see that the occasional drinkers are the source from which alcoholism draws its recruits.

"We spend a good deal of time trying to teach our youth good citizenship, fine Americanism, and worth-

while patriotism, yet we fail to make youth realize that a good citizen keeps himself fit. Only by keeping strong and healthy can they give their country their best talents and most efficient service.

"They need to understand that they fail in their duty as good citizens when they impair their health, weaken their bodies, and dull their minds by even occasional drinking. Our youth must learn that a good citizen answers the call of country even during peacetime by refusing to indulge in those practices which will undermine strength and weaken character.

"The slogan 'Drink like a gentleman' must be replaced by 'Drink and be a fool.'"

The intelligent, informed youth will realize that his first drink may be the beginning of the end of his faithful allegiance to his country and may be the cause of his failure to discharge in his community his duties as a good American citizen.

To the EDITOR:

Your interpretive article, "Social Customs as Source of Drink and Alcoholism," goes right to the point; for if we understand *the motives* that men and women have for drinking, we have gone a long way in our understanding. You well state that, "of the three main sources of the alcohol problem, that of social influence is least understood." That's it, for so intermingled with our traditions and customs is drinking, that to separate the two is the problem. I attended a wedding lately; both bride and groom I think were abstainers, yet champagne was freely passed around and all partook. This, on such an occasion, I suppose could be passed over. But if this is *only to conform* to an ancient custom, and everyone attending is thoroughly informed as to it, the custom, as your article reveals, will fade away and the drinking fade with it.

JAMES P. GARDNER, Montclair, N.J.

Editor, *International Student*:

The only thing which is lacking in the article, "The Doctor Looks at Alcoholism" (April '49 number) is that the writer did not point out the dangers inherent in social or moderate drinking. That is the weakness of most scientific material today. . . . In your editorial you are getting at the roots of the matter, while at the same time you emphasize that the alcoholic is a sick person and ask that he be treated as such.

CLARENCE H. PATRICK,
Professor of Sociology, Wake Forest College, N. C.

In some countries it is opium; in this country, alcohol.

Use of Alcoholic Beverages

Shows Lack of Intelligence

ACCORDING to the official statistics of the U. S. Department of Commerce for the year 1947, we spend per year in the United States \$9,640,000,000 for alcoholic beverages, and we spend on our public schools somewhat less than \$3,000,000,000 and on educational institutions of all types—private and public, elementary and advanced—\$5,200,000,000.

Commenting on these facts, Dr. Robert A. Millikan, one of the world's great scientists, said:

"So far as both the health and economic well-being of the United States are concerned, it would have been far more intelligent to pour that \$9,640,000,000 worth of alcoholic liquor down the drain than to drink it. Moreover, I think it is unintelligent for anyone to take into his system regularly a **habit-forming drug such as alcohol.** The **biggest social force in the world is the force of example.** What we do is more important than what we say. Again, the experts tell us that driving accidents can be caused by the consumption of even one glass of beer. Even small quantities of alcohol slow down the quickness of our reactions. In half of the automobile accidents on the roads, tests show that the drivers had alcohol on their breaths.

"I am not a biologist nor a medical man, but I quote as follows from one of the most distinguished of such men in the United States, namely Andrew C. Ivy, Ph.D., M.D., D.Sc., vice president of the University of Illinois in charge of Professional Schools:

Dr. Robert A. Millikan, world-known physicist, recent President of California Institute of Technology, Pasadena, has been awarded, by the national government, the Presidential Medal of Merit, the highest decoration given by the United States for civilian wartime service, for "exceptionally outstanding conduct" in the field of rocket and jet propulsion developments during the recent world war.

“The largest group (of the 750,000 alcoholics) consisted of secondary addicts, or patients who became dependent on alcohol because of repeated social drinking. Prior to addiction, the patient was a reasonably well adjusted social drinker. Then situations arose which were followed by heavy drinking and alcoholism. And, the simple fact should not be forgotten that each of the 750,000 alcoholics and 3,000,000 excessive drinkers began his or her experience with alcohol as an occasional social or moderate drinker.

“There is no way to tell in advance which one out of every fifteen or twenty social drinkers will become an excessive drinker or addict; we have no way of predicting who is susceptible or resistant to the formation of the alcohol habit. Addicts come from among the educated and the ignorant, the rich and the poor, the clergy and church members as well as among criminals.

“There will always be a liquor evil to **educate against** as long as profit is to be derived from making a drinker out of a non-drinker, or by converting a light drinker into a steady drinker.”

SOCIAL HABITS INITIATE

60% of Alcoholics

IN A COMPLEX SOCIETY, with so many tensions at work, we have the neurotic or diseased personality. It is natural that they should take recourse to intoxication to a larger degree than others. They probably constitute 40 per cent of the inebriate population, but 60 per cent comes to alcoholism from an entirely normal origin and only in the course of drink. They are not seeking release. They are conforming to certain habits of their set.—Dr. E. M. Jellinek, Director, Yale School of Alcohol Studies in the Southwest, Fort Worth, Texas.

Economic Waste of Alcoholism In Industry

SOME OF the staggering losses due to alcoholism in the industries of the country are brought out in a 1949 announcement of a service now being offered jointly by the Yale Plan Clinic and the Section on Alcohol Studies to industry. This service includes analysis of the incidence and costs of alcoholism, establishment of therapeutic facilities, and over-all plans of prevention¹.

Referring to research being offered, the statement includes the following as already well-known:

"The alcoholic employee in industry is not the broken down derelict of the city streets but the laborer in the yard, the skilled worker in the factory, the salesman, the clerk, the executive who does not ordinarily report for work in an intoxicated condition and who does not ordinarily drink on the job. Most of the time this alcoholic employee is a capable, responsible worker—*when he works and is not experiencing the after-effects of the last drinking episode.*"

This statement indicates that comprehensive studies of the number of alcoholics in industry are lacking, but that "conservative statistical estimates based on the results of spot surveys reveal that 2,060,000 alcoholics are regularly employed, and that 1,370,000 male alcoholics are employed in manufacturing plants, by construction companies and by public utilities."

Spot surveys reveal that "the male alcoholic in in-

¹*Quarterly Journal of Studies on Alcohol*, March, 1949, p. 661.

dustry loses an average of 22 working days annually, a total of 29,700,000 working days from acute effects of alcohol alone. In addition, the alcoholic loses each year two days more than non-alcoholics because of various ailments."

"The alcoholic is responsible annually for 1,500 fatal accidents at work, and 2,850 fatal accidents at home, in public places, and in traffic. This is an accident rate of 321 per 100,000, which is twice that of the non-alcoholic."

This study indicates also that the life span of the chronic alcoholic is reduced approximately twelve years.

A severe loss to industry occurs when an experienced worker or executive, at a point of service when he should be most productive, is dismissed because of excessive drinking.

This report of the Yale Plan Clinic indicates that while no scientific study has been made which takes into account the direct as well as the indirect losses to industry, estimates of the cost to industry of alcohol addiction among employees are staggering.

The direct costs of alcoholism are related to man hours lost through absenteeism charged to "illness"; disciplinary time resulting from absenteeism among alcoholics; hospitalization and medical expenses; accidents occurring among known alcoholics; disability payments to alcoholics; pension payments to alcoholics who are retired prematurely when the company has no other way of dealing with them.

The indirect costs of alcoholism arise from inefficiency among workers suffering from hangovers; slowdown in production when an alcoholic is part of a team; effect of alcoholism within a plant on safety standards; effect on morale of workers associated with alcoholics on the job.

The Cult of Alcoholic Culture

*"Seek the Truth
Come Whence It May
Lead Where It Will."*

An Observation

That drinking, "which at first was social and periodic, tended gradually to become solitary and continuous."—From a study made by the McLeod Hospital, *New England Journal of Medicine*.

One Out of Twenty

One out of every twenty drinkers of alcoholic beverages will become an alcoholic, if he or she continues to drink, in the opinion of Dr. Ralph N. Henderson, Assistant Director of the National Committee on Alcoholism, as expressed in an address at the Ohio Symposium on Alcoholism, Columbus, Ohio, March 22, 1948. He said also that 6 per cent of the fifty million users are excessive drinkers, and that the economic losses run into "a billion dollars per year." Also, that "about 75 to 80 per cent of all cases (of alcoholism) are made," and that "the incidence of alcoholism among the male population between the ages of 20 and 65 amounts to 6¼ per cent of the total population, male and female."

In Industry

Male alcoholics in American industry lose an average of 22 working days per year; that represents pay money out of the individual's pocket. And it means a total loss of 29,700,000 working days to industry—which means money out of industry's pocket. The alcoholic is responsible for 1500 fatal accidents at work per year; that many individuals he kills. He kills 2,850 more at home, in public places and in traffic.

From Above Downward

Alcohol in small doses diminishes control from above downward, so that the first things to go are those habits of thought and behavior which are the instruments of a man's personal success among and against the rest of the community—habits and reactions which he has acquired as the crown of his education and which have absorbed his greatest efforts.—

STARLING, M. D., British research scientist.

There are in the United States at present 3,750,000 inebriates, excessive alcohol drinkers, many of them approaching chronic alcoholism. Of this number, 1,500,000 are alcohol addicts, 750,000 of which are chronic addicts, compulsive drinkers, unable to control their drinking or to discontinue without expert help.

Seeking Freedom From the Cult

"Don't Mix"

Delegates from one-fifth of Lambda Chi Alpha fraternity chapters, meeting recently at Wittenberg College, approved a resolution declaring that "fraternities, drinking, and gambling don't mix."—N. Y. *Herald-Tribune*, Mch. 21, '49.

Beer Sales

A drop of 70,237,661 gallons, 906,292,400 average glasses, in beer sales in 1948, has occurred according to government figures. Early in 1949, market reports said, "Beer consumption has dropped 40 per cent to 60 per cent in the last three months."

And this has happened in the face of an expenditure of \$60,000,000 in advertising beer, with its appeal that "Beer Belongs" in the home, in culture, and everywhere.

Citizen Education

Long experience has shown that if we are ever to control the trade, it will have to be by converting the moderate drinker to the necessity of reform. He holds the key to the situation. Moderate drinkers are among the reasonable people of the community. They constitute the majority.—*The Tribune*, Capetown, South Africa.

No More "Clear Heads Use—"

A whisky slogan bit the dust recently as the Alcohol Tax Unit aimed its sights against liquor advertising that "the use of any distilled spirit has curative or therapeutic effects." The distillery using "Clear Heads Use —" was given time in which to "break away," since the slogan has been in use for years.

Drinks for All Occasions

A recent publication, "Drinks for all Occasions," contains carefully selected recipes for non-alcoholic drinks, a very modern compilation of the best and most nutritious, for social gatherings. As a service to counteract the fashion pressure of alcohol, it is being distributed by the Allied Forces, Rochester 4, N. Y.

When Drunks Were Few

"Things were really dull in the 20's and early 30's," said Chief of Police Clarence (Buck) Bailey the other day as he observed the 20th anniversary of his joining the force. "There were lots of months when we had no arrests."

"In fact, when we had to arrest a drunk on Main street, and take him to jail in those days, we hired a taxi at 25 cents a ride. Now it would take a fleet of taxis."—News report from Woodland, Calif.

Pharmacologically, alcohol depresses the "higher" brain centers, impairing or removing temporarily the brake-power of judgment, discretion, and control. Thus primitive impulses and emotions are set free. Actually, alcohol does not make one "tight"; it makes one "loose."

—ROBERT V. SELIGER, M.D.,
Psychiatrist, Johns Hopkins Hospital, "The Doctor Looks at Alcoholism."

Alcohol is a dangerous substance to deal with, for it lends itself to abuse so easily. The first drink starts anesthetizing your brain, so you begin to lack your former good sense. It is therefore easier to take the second drink, which in turn further decreases your active intelligence at the moment. Soon . . . you do and say things you would never be guilty of if your full intelligence were active.

—GEORGE W. CRANE, Ph.D., M.D.,
Chicago, Ill.

MODERN MATERIAL FOR STUDY

(Continued from Page 32)

Alcoholic Trends in College Life

A survey of college student attitudes during forty years, the periods represented by the Saloon, Prohibition, Repeal and the transition periods between these stages; from surveys made at the time by various agencies and educators. 50 cents

It's Smarter Not to Drink, by Robert V. Seliger, M.D.

A brief Medical Discussion by this noted psychiatrist of Johns Hopkins University and Hospital. 1949. 25 cents

The "NEW UNDERSTANDING" MONOGRAPHS by Harry S. Warner, on specific problems of Alcohol in everyday living, as interpreted by recent scientific research. 10 cents each.

(Revised List: Oct. 1, 1949)

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Is Alcohol the Same Old Question?

Alcoholic Pleasure: What Is It?

Alcoholic Expression and Personality

Alcoholic Release and Its Expression

Should Social Drink Customs be Accepted?

Social Consequences of the Alcoholic Desire

World Questioning of Alcoholic Pleasure

Alcoholic Release and Public Disorder

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The Cult of Illusion

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The 12 Monographs—\$1.00

"The best that have come to my desk," wrote Dr. S. Ralph Harlow Professor, Smith College, regarding these monographs.

INTERCOLLEGIATE ASSOCIATION

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OCTOBER, 1949

31

MODERN MATERIAL FOR STUDY OF THE PROBLEM OF ALCOHOL

Selected on a basis of objectivity, scientific accuracy, and recent, comprehensive approach to the Problem of Today

Abridged Lectures, Yale University School of Alcohol Studies, first session.

The basic scientific information condensed in popular, non-technical language; nineteen lectures by leading psychologists, physiologists, sociologists, health authorities—all experts, treating current phases of the problem, scientific, legal, and physical—as understood today.

110 pages, 50 cents

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An all-over study that seeks to popularize and make available to the student and reader the basic scientific information regarding alcohol in modern society and personal living. It develops a philosophy for permanent, constructive effort toward solution of the larger social problem. The writer is author of *Social Welfare and the Liquor Problem*, 7 editions.

Cloth \$1.35, paper \$1.00

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From the laboratory Alcohol personified tells the truth about himself—to inquiring youth; the facts desired by high school and other young people.

25 cents

Alcohol Talks to Youth, by Howard E. Hamlin

A publication for high school youth; widely used for teen-age distribution in the public schools; scientific information in popular conversational style.

25 cents

(Continued on Page 31)

SOCIAL PRESSURE AND CAMPUS DRINKING —as Students of 1949 See It.

The coming November number of *The International Student* will be given wholly to what many students are saying about Social Pressure and College Drinking.

It will contain college student editorials, the winning papers in the Guest Editorial Contest of the Intercollegiate Association of 1948-49, and brief information and pictures of the highest-standing student writers in this \$500 prize contest.

Extra copies of this issue, 25 cents; ten for \$1.75. Address, International Student, Room 522, 12 N. Third St., Columbus 15, Ohio.

NOVEMBER,
1949

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

COLLEGE STUDENT GUEST
EDITORIALS: ON

*"Social Pressure and
Campus Drinking"*

OHIO WESLEYAN UNIVERSITY
GRAY CHAPEL, DELAWARE, OHIO

Democracy
is something
deeper than
liberty; it is
responsibility"



THE INTERNATIONAL STUDENT

November, 1949

Vol. 47, No. 2

HARRY S. WARNER, *Editor*

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COLLEGE STUDENTS WRITE On Social Pressures to Drink

THIS NUMBER of "The International Student" has been written by college students—Guest Editorials on "Social Pressure and Campus Drinking," a question of many aspects, frivolous or serious, indifferent or acute, in many college communities. In their discussion these student writers include influences, on and off the campus, that tend to initiate, increase and decrease the use of alcoholic beverages among students and young people generally. They face a basic source of the larger problem today.

The writers have expressed their own opinions, after some degree of observation and study. Most of them have done so objectively. These keenly-written articles are not mere emotion, nor hasty generalizations—much less propaganda. They are too diverse in point of view and opinion expressed; they are *too seriously realistic* to be taken lightly.

These student editorials are the result of LOGAN H. ROBERTS CONTEST of 1948-49, conducted annually among colleges of the United States and Canada by The Intercollegiate Association, Edwin H. Maynard, Chicago, Ill., Contest Secretary. For honors awarded and prizes see page 62.

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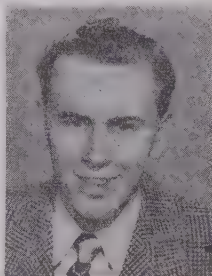
Facets of the Campus Drink Problem

By HAROLD E. WHIPPLE
Ohio Wesleyan University, Delaware, Ohio

I SUBMIT that there are three facets to the campus drinking problem which must be recognized if one even pretends a realistic approach to the more subtle implications of the total problem.

First, it must be recognized that drinking as a form of entertainment has become accepted, officially or unofficially, on an ever-increasing number of college campuses. This is so completely evident that to deal with the statement further would be superfluous save to say that the increased toleration of drinking habits on the college campus reflects the increased indifference to the drinking problem in the general public's mind. Indeed, I suspect that this ever-expanding acceptance of drinking by the public presents the soil from which the plant of campus drinking springs.

Secondly, it is evident that though this campus drinking is professed as merely social in nature, it more often than not goes much beyond this and becomes an insidious evasion of routine academic responsibilities, particularly at colleges where there are few other forms of diversionary entertainment. It may not, however, simply be the academic obligations which the student attempts to escape; but, like so many of his elders, he may feel coerced into the "pleasures" of drinking by the myriad of economic, pressures everywhere today exerting their depressing, conflicting, and chaotic influences. Or, finally, the student may be reduced to drinking



Harold E. Whipple

habits by the apparent lack of immediate, positive motives in his life—a life which for six war years, at least, was conditioned by and which thrived upon immediate and glamorous, if not positive, motives.

I contend, as a matter of fact, that campus drinking is actually a surface problem. It is a reflection of the much more profound, much deeper dilemma facing our whole American civilization: i.e., how to adjust a fabulously increased tempo of living, entailing the *seeming* necessity for that which is apparently daring, exciting, thrilling (and, of course, ultimately irresponsible) to the requirements of our national mental and moral health. This problem of adjustment translates itself from the neurotic public mind into an irresponsible frame of thinking in the American youth, and as a result he finds drinking the most satisfying form of irrational entertainment.

Finally, it should be abundantly clear that no amount of self-righteous indignation, no amount of pointing to statistical percentages, no amount of "laying down the law" by college administrations (this will merely send the whole problem underground) will eliminate campus drinking. The problem is too deep for that. A man will stop drinking, I submit, only for those reasons which seem *intimately relevant to him personally here and now!* College administrations cannot *tell* their students to stop drinking, and expect to succeed, but student organizations, *assisted* by the administration, can show them that drinking has no necessary function in their lives. This, it appears to me, is one of the important roles to be played by these student organizations today, and it is here that our hope rests. Those organizations containing the campus leaders—the student council, the inter-fraternity council, the pan-hellenic council, Phi Beta Kappa, Omicron Delta Kappa, etc.—can initiate intelligent campaigns to curtail, then eliminate, drinking. Incoming freshmen, for example, should be indoctrinated with the point that after all drinking is not the only form of entertainment, and certainly not the wisest. Other activities can be made available such as fraternity and sorority open-houses, bridge tournaments, concerts, lectures,

(Continued on Page 63)

The Blind Lead the Blind

By ALLEN M. POOL
Presbyterian College, Clinton, S. C.

DRINKING among college students, because of social pressure, is a real problem today, and most of our parents, our teachers, and our students know it. However—and here is a big part of that problem—some of the students don't realize they are exerting "social pressure" on others. If you were to broach the subject to them they would say, "Who, me? I've never been drunk in my life!"

Now, as never before, we find a large mixture of age groups in our classrooms. There are many veterans of World War II attending college. They are men, not boys; they now have the responsibilities of maintaining a home, providing for a family, and getting an education all at one time. Most of these fellows have mature minds. They know that they can take a drink now and then without apparent ill effects.

But these older pupils don't realize that when they drink a glass of beer with their lunch in the tavern a few blocks from the campus—instead of milk in the school cafeteria—they are being watched by young, just-out-of-high school students. And this younger set watches, envies, and imitates. Thus, though it is unintentional, here is a strong form of social pressure which increases campus drinking.

Another situation that exerts social pressure and encourages drinking is within sorority and fraternity houses. In a "frat" or sorority house, where the group becomes a closely-knit "family" through shared activities and secrets, one person with a blasé attitude toward drinking can exert enough "down the nose" influence (whether he actually says anything about drinking or not) on the rest of the members



Allen M. Pool

to get them to try it. And everyone who has ever tasted liquor knows that the first taste is the hardest, and that each glassful is easier to accept than the last.

The psychological factor of "feeling left out" also comes to the fore where drinking is concerned. If one person in a group orders "coke" and the others order "beer," someone is nearly sure to comment. A good-natured ribbing usually follows and, even though it may not be meant seriously, the coke-drinker feels self-conscious.

Yes, whether intentionally or unintentionally, many of our college students do exert social pressure on other pupils to start them drinking. But the question is—

"What to do about it?"

First: We must continue to educate *everyone* about the actual dangers of the first drink. If our older students believe they can drink without harming themselves or others; if some students have been raised in homes where drinking was such a common thing that they now treat it as a matter of course; if others take a joking view of alcoholism; we must give them actual proof to convince them that it can do harm.

If we can reach these people only through movies such as *Lost Week-End*, then let's, by all means, give them such movies! Let's make documentary films in medical hospitals and in hospitals for the insane showing actual case histories of alcoholics who once felt sure that "one little drink won't hurt me."

Or better still, if it can be arranged, let's take our classes in psychology and social science to an Alcoholics Anonymous meeting and to a hospital where they can view the real results of drinking. Or, to be sure every pupil is reached, this might even be worked in on an English essay assignment.

Social pressure is a drastic influence which is being proved existent by an increase in the amount of drinking on our campuses. Let's fight it with drastic, striking examples. If parents and teachers and students work together, they can turn the tide that is rising before it becomes a flood and brings total disaster to our schools, the schools that are now the finest in the world.

The Third Party

By JOHN VRIEND

Calvin College, Grand Rapids, Mich.

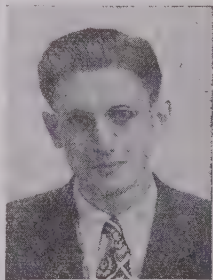
SOMEONE HAS SAID that this country has three parties: the Democrat party, the Republican party, and the Cocktail party. Of these three the cocktail party thrives on college campuses.

Why does the college student, who knows the price he must pay, still want his cocktails? It seems that he is afraid of playing the Puritan. What college student, after all, wants to be considered prudish and finical? But surely it is not too rash to assume that he wants sane principles to govern his actions. Meanwhile, his post-highball shabbiness and hangover headaches point to anything but sanity.

It is no use suggesting to the student that he must at all cost avoid that "fatal" first drink. He had it long ago and he did not enjoy it, but what can he do when friends will dub him a boor—a naïve and unsocial boor—if he should spurn the highball?

What he should realize first of all is that a loyalty to the third party is really a betrayal of what he stands for. He should know that to be dull-witted, inefficient, and unrefined in a high-tension world is to invite an appalling future. He should sense that he owes it to himself, his parents (who spend handfuls of money educating him), and the next generation to try for the highest competence he can attain in his own field. Consequently, he must have a showdown with the third party.

What remains for him, then, is learning to say No when cocktails or highballs are served. By all means, let him be decent about it. To uncork a strong protestation of faith in teetotal ethics is, of course, to



John Vriend

invite the surprised stare. But there is no reason why resentment should be aroused by his asking for a "Coke," or ginger ale, if a choice is given, or by saying, "No, thank you; I'am on the water wagon." There are any number of ways in which the student can and must, if he be worth his salt, safeguard his chance of success in life.

The pressure of convention and established opinion is tremendous. But it would not be impossible, nor even very difficult, for college students to exert pressure in a saner direction. The men could easily sabotage the third party by being frank about it to their friends. The girls might give open preference in dating to the fellow with sensible views on drink. Wherever the third party has lost its appeal, students can band together without having to expose themselves to the bluster and witless laughter of befuddled friends.

In the end the student who is not afraid of social experimenting, with a view to raising the level of our culture, will be the winner. For in their hearts people really respect the person who has the fortitude and manliness to stay with his principles. Fathers will much sooner trust their daughters to the young man who believes in being sober. Nor need the student fear the stigma of Puritanism. Was Lincoln a Puritan? Yet he did not hesitate to serve water to a group of visiting notables. Was Walt Whitman a Puritan? Yet his first public statement was a tract on temperance.

The time for the college student to lick the third party has come. The future, his future, his country's future, is at stake.

Psychopathology deals with emotions and feelings, and it is this area that is most affected by alcohol today. Nice people are running amuck by the use of alcohol.

—ROBERT V. SELIGER, M.D.,
Psychologist, Johns Hopkins Medical School.

NOTE: Having won a Third Honors prize three years in succession, Miss Vergie E. Gillespie, Alderson-Broadus College, and her Editorial are here given particular attention by "The International Student," and additional honorable mention.—Editor.

Dare to be Different

By VERGIE E. GILLESPIE

Alderson-Broaddus College, Philippi, W. Va.

WHETHER "Everybody's Doing It" is a *good* reason for any action, it certainly is *accepted* by most of society. It is the usual substitution of a "good" reason for a real one: Few dare to be different.

We learn in studying sociology that it is dangerous to be different, whether it's anti-social lack of cooperation or mere unwillingness to conform to conventional customs. Modern society agrees. We break our necks to keep in the crowd and dread being different. Even when the crowd engages in anti-social acts—and drinking is ultimately anti-social—we would rather conform than have someone say or think, "Lookit! A teetotaler!"

Social control is a natural and universal group attribute with great advantages. Our society frowns upon murder, stealing, polygamy. Not many attempt those things. The social disapproval following is too severe. On the other hand, social control has disadvantages when it becomes so dictatorial that individual freedom, personality, and sense of right and wrong are ignored. At one time, slavery was "right." Now it is not. We punish murderers but approve killing during war.

What would happen to a boy in a certain African tribe should he decide to skip the terrible tribal initiation into manhood? Or to his sister should she refuse to marry in childhood the man chosen for her? Both would be kicked out and would probably lose their lives.

How different are we, except in type? How many American women continue wearing short dresses when fashion says they shall be long and a majority starts wearing them long? How many people take their first drink simply because they've



Vergie E. Gillespie

been told through crafty advertising and an indifferent society that it's the thing to do?

On a college campus, social pressures operate with the same forcefulness as elsewhere. They are even more compelling because students are doubly afraid of being different in a group as homogenous as a college community. Students are peculiarly uniform. In age, clothes, aims, interests, we probably vary less than any other group. And the more alike we are, the harder it is to dare be different.

Thus when a campus group votes to have a bar installed, those opposed will hardly vote if the majority approves. Then, not all, but a great many of the "doubtful" will be seen at the bar demonstrating their cooperative "broad-mindedness" and weak-spinedness. The non-drinkers are in a class of fanatics by themselves.

On campuses where the drinking percentage is not sufficient to rate a bar, the fight goes on. Backed by "outside" social approval, as shown in the clever advertising in movies, books, and magazines, the drinkers maintain remarkable prestige. The impressionable freshman adopts their sophisticated judgment on drinking as his. He wants to be a "man of distinction." So he drinks—to disillusionment, and extinction of what he could have become. How many dare refuse the glass of fellowship if a possible fraternity pledge is forthcoming? How many will not discard any remaining inhibitions upon seeing a favorite professor drinking with the fellows?

It isn't likely that campus drinking will change until the society backing it changes. However, college groups are known for progressiveness. On the whole, we are doing more than other groups to alleviate prejudices and intolerance, such as racial discrimination. Can we not start reforming social pressures in drinking?

Students who drink want to win group approval. That is natural. They must be shown the fallacy of such approval and the existence of a more challenging ideal: that of building customs beneficial to man.

People must be aroused from their apathy. To many, "drinking" means the gutter bum who "couldn't take it." He must be considered, but there are other increasingly

(Continued on Page 60)

A New Approach to an Old Problem

By WALTER W. ANDERSON, JR.
Rutgers University, New Brunswick, N. J.

CONFORMITY is one of the religions of adolescents. To the many college students who are intellectually adolescents, conformity is a requisite for social acceptance.

Conformity in itself is not harmful; adherence to good or bad determines the character of any alliance. On the contemporary college campus, students are sought for membership in many groups. The most harmful is that group which destroys common sense, social and moral inhibitions, and, ultimately, physical health—that group which includes adherents to alcoholic drinking.

There is no mystery involved in the fact that college years initiate adolescent drinking habits. Drinking represents to the youth an assertion of independence and an announcement of maturity, while in reality it is merely a last fragment of immature reasoning. Most novices weather their experiences favorably, emerging from their baptisms of firewater with a perfect capability for assuming responsibility and tempering drinking habits.

The danger looming largest at this transitional phase of life, however, is that confronting the least mature individuals. At this impressionable age, at the terminal of "preparation for life," the individual of strong neurotic tendencies may form "a dangerous connection in his mind between happiness and rum."

Before the college-bound student has even approached "ivy-covered walls," he has been subjected to the gospel spread by exhilarated brethren preceding him. He hears tales about good times, all given necessary impetus by a drop or two of liquor. His would-be guides predict a wonderful college career for their convert, if he will submit himself to the brief initiation. He is escorted to the favorite font and is urged to keep pace, measure for measure, with the assembled drinkers. The unaccustomed "fire-

water" destroys his reasoning, dulls his sensibilities, reduces his thought processes in general to the level of helplessness, while he is induced to believe that such a state is the epitome of life and enjoyment.

The comparatively inexperienced college freshman has nothing to refer to in such a new situation. He feels a desire to placate the crowd, to choose a niche in that faction of society which loudly proclaims itself to be the leader in social behavior. If he becomes a true proselyte, he is on his way to future destruction, either immediately or ultimately.

For those souls too timid to partake in the revelry, or those morally strong enough to refuse participation, there remains derision and scorn from the noisy congregation. The abstainers are addressed in cutting epithets, such as "dud," "introvert," and "prude," spit by immature tongues. The free spirits regard these heathen as a unit outside their "religious" order and mock them as would any disciple, an unbeliever who had never worshipped at the altar of Bacchus.

In an atmosphere of trial and temptation the goats and the sheep are soon separated. The adolescent must assume the shape of a mature individual. If the student is fundamentally sound enough he will see that the mark of a mature man lies in the ability to mix temperance with the indulgence of youth.

Since the present social order is a conglomeration of the strong and the weak, of the mature and the immature, we find that the individual falls prey to varied, even contrasted, influences. The problem becomes, therefore, the responsibility of the experienced who have made reasonable and normal adjustments. It is time that the strident exhortations of the minority of campus alcoholics were subordinated to the orderly thinking of the majority...

Until the rational thinkers emphasize the enjoyments and values of life which are positive in their societies, the loud minority will hold weak characters hypnotized. "Active participation" and not "passive submission" must be the slogan of the reformers, and like the prophets of old, they must speak with a persuasive tongue and with the inspiration which just cause lends to its advocates.

Is Liquor Quicker?

By JOHN W. SCHEURMAN
Kearney State Teachers College, Nebr.

IN A MOMENT of wit, Ogden Nash once composed a little rhyme—one which, if considered with other than its purposefully facetious meaning, may well represent an idea of many American college students. The little jingle,

“Candy
Is dandy
But liquor
Is quicker,”

could, and does, assume ominous significance in light of the increased consumption of alcohol and heightened sexual activity of promiscuous nature among our younger set. Current literature on the subject shows that colleges, universities, and even Bible schools share the stigma of guilt.

What is causing the upswing in the use of alcohol among our college youth? In the majority of cases, it appears to be a desire of students to be popular. Tragically, alcohol has been accepted without prejudice, without question, as a means to popularity. I have noticed an attitude among many collegians that drinking is the thing to do, if one wants to be liked: most of the “regular fellers and gals” drink—why not me? Everyone knows that one of the best ways to be liked is not to be different. Since Joe Doaks drinks, if I want to be his pal, I have to drink with him. It isn’t enough for me to tell Joe to go ahead and drink; he wants me to match him drink for drink, and too bad for me—dollar for dollar.

Joe’s attitude isn’t unique; more and more of his fellow students are adopting it. And worse, many of his fellow students are women.

Socially, a woman who goes out alone to drink is frowned upon; but an escorted woman who surfeits herself on alcohol is cheerfully accepted as one of the circle. Too often, for a woman to drink is for her to be popular; she is considered a “sport.” The danger of her sportsman-

ship, however, is nicely summarized in the quotation :

“ . . . liquor
Is quicker.”

Should the man or woman who commits a sinful act when either's moral standards are bleared by alcohol be condemned any more than the society which dictates its use as a mandate of popularity? It is common knowledge that alcohol in the human body weakens moral restraints, tears down social barriers, and distorts right and wrong ; that it gives a sense of false courage, clouds wisdom, and often causes a rebellion against authority and principles with which the user has been inculcated throughout his life. Nevertheless, society still permits it, even condones and demands it!

Ignoring the sex angle completely, still other dangers for college youth exist because of its desire for social approbation. However well it may be concealed or rationalized, the inherent propensity for acclaim and appreciation exists in everyone. Some students can, without self-consciousness or fear, extrovert themselves to attain popularity ; others subjugate their inner wishes, not because they would rather have it so, but because they fear ridicule by their friends if they should happen to blunder socially. For instance, many students refuse to attend school dances because they fear that they might be made fun of should they prove to be poor dancers. Fortified by alcohol, however, even the most reticent of “shrinking violets” proceeds to be an extroverted expert—at least in his own mind, if not in the opinion of others.

Almost all chronic alcoholic cases have been shown to be neurotic ; most of them have begun drinking because of social reasons. Either to be sociable, or because of inward strains and stresses which are accountable to external pressures, people of sundry stations in life have taken up the use of alcohol.

Students, as a general rule, are not beset by most of the problems which tend to make life difficult ; therefore, the cause of their drinking is mainly one of conviviality, of a desire to have friends. Consequently, the major cause of campus drinking may be said to be social pressure. If the

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Influence

By ROSS W. CARLE

Walla Walla College, College Place, Wash.

THE AMOUNT OF PRESSURE exerted on a student is in direct proportion to his own moral strength and individuality. To some rather weak-willed types of students, following the example of the social leaders among the students is the answer to all questions regarding their attitude and position on drinking.

Those who morally consider drinking a sin, and who do not touch it even for a "social drink," have less pressure on them as long as they maintain their beliefs. Those who believe that drinking does not involve a moral question, but is merely a question of following the dictates of the group—these are the students that are vitally affected by the leaders in the school.

Attempting to frighten young people into signing a nondrinking pledge is futile. To keep students from drinking they must be shown logically and conclusively that there is no benefit in it, and that actually it is a detriment to their standing as a scholar, as a companion, and as a citizen of the world. To prove this is not the place of some wild-eyed fanatic who says that one drink will send you to hellfire damnation, or will shorten your life by twenty years, but it is the place instead of a logical, thinking person who can prove that it is of no value for a student to drink. Proving to the average person that it hurts the body is not a deterrent; he is more interested in social acceptability than in his future longevity.

One step that could be taken to rectify this harmful exerting of social pressure on the campus for drinking would be to have prominent scientists, professors, doctors, and leaders show by their own examples and statements that drinking is not necessary to their success.

Education in the right direction is another important step in the directing of young minds to the belief that nondrinking is not a virtue, but the sign of backbone, intelligence, realism, and individuality. This would give the nondrinkers the feeling that instead of missing out on

some fun, they are really the smart ones; the drinkers are the suckers. If the education would be beamed at showing that the abstainer was really getting more out of life, not having such a fuzzy head the next morning, and was more respected because of his stand against the use of alcohol, there would be less trouble convincing the average young student that nondrinking pays dividends.

When the statistics and horrible examples are cited, every moderate social drinker shrugs his shoulders, and says, "That might happen to some other fellow, but not to me." What he should be told is that not to drink at all earns for him more respect from his fellow students and the faculty than does his moderate use of alcohol.

In counteracting the pressures on the campus, the leaders in the student body and the faculty members that are respected by the students should first be convinced of the importance of setting a good example to the "followers." If the influential five per cent of the students exert a pressure for abstinence, then most of the students will follow their example. If to drink is to risk social unacceptance from the group, the main problem of harmful social pressure would be solved.

IS LIQUOR QUICKER?

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average college student wants to be "one of the gang," he must drink; above all, *he must not be different*.

College students place great emphasis on personality development, realizing the value of pleasing personality. Too many of them, though, are turning for social and moral courage, not to an acceptable institution such as the church—which has been heralded by psychologists as a fine personality moulder—but to alcohol. Apparently, the sedateness of the church does not satisfy careless, fun-loving, exploring youth. To win friends and develop personalities, our college youth must do as the society in which they live demands they do: put the inebriated foot forward. In adapting themselves to other people, in seeking the better life, in adjusting themselves to society, and in associating with the opposite sex, the lamentable credo of too many American collegians is, "... liquor is quicker."

He's On the Wagon

By TOM TOWNSEND
University of Omaha, Omaha, Nebr.

"NO, THANKS; I'm on the wagon." And so this college man stays on the campus while the other boys go off to the well-patronized cocktail bar.

He answered them with a grin when the invitation came. And they laughed back at him. But he felt a surge of pride that he had turned down their offer. And perhaps they secretly admired that courage which yielded not to temptation.

Because it did take courage. He was putting himself in a class with the W.C.T.U., with Frances E. Willard and William Jennings Bryan. He had a profound respect for these people who devoted their lives to a cause they believed in. But he knew that to many of his associates they were a source of laughter.

* * *

This little scene described above apparently happens in colleges all over the country. Only, in too few cases does the collegian or coed refuse the offer. We may profitably inquire why.

From the elementary grades on up our university students have been presented with the facts about alcoholism. They have learned that more money is spent for such beverages than for education (in 1940, slightly more than three and one-half billion dollars went for liquors; state expenditures for education in the same year were just under the one billion dollar mark).

And they have seen the terrible toll left by alcoholism—accidents, mental illness, broken homes. But still comes the familiar, "Let's go down to the Dells."

The Eighteenth Amendment and its aftermath may be responsible for much of this. The youth of America has seemed to accept the failure of prohibition as an endorsement of drinking.

"Our parents tried total abstinence and found it unsatisfactory," they say. As a result, since the repeal of the Volstead act, alcoholic production has steadily increased (with the exception of slight drops in 1938 and 1939).

The temporary pleasures of alcohol are enjoyed; its evils are ignored.

This common interpretation of the tremendous desire of Americans to end prohibition is, however, a false one. The nation adopted the Twenty-first Amendment not because it wanted liquor, but because it wanted law and order. The failure was not in the idea but in the method.

Thus, the "noble experiment," in its unsuccessful attempt to better the lives of men, pointed out a new way—personal self-control. Once tried and abandoned, it now appears to be the only way to save us from eventual physical, mental and moral decay.

As a result of the present generation's attitude toward prohibition, drinking has become the thing to do. Like cigaret-smoking, it has become a social necessity; you cannot be one of the crowd unless you smoke and drink. Ably encouraged by millions of dollars' worth of advertising, we go around teaching ourselves and each other that alcohol is a must.

This is, of course, all nonsense. Observation reveals many outstanding personalities who need no beer-can to gain acceptance or feel at ease in a group. Indeed, it seems often to be the other way around. The psychologist S. L. Pressey lists alcoholism as a symptom of maladjustment.

The politicians and editors of our day have been calling loudly for individuals who will act for themselves instead of letting the government do it. Even more, we need individuals who will think for themselves instead of letting the masses do it.

Experience has shown that it is not enough to teach our students about the dangers of alcohol. We must instill in them a respect for the rights and feelings of others—a respect which makes it a sin to lessen the value of one's own life or the lives of others. Then, for the sake of themselves, their families and their communities, they will be willing to resist the invitation to "have a drink."

The solution to the problem of social pressure and drinking, either on or off the campus, is to be found in individual self-control. Weaker men may continue to scramble after the bandwagon; stronger men with finer feelings will simply be "on the wagon."

Social Pressure and Campus Drinking

BY JACK SOLOMON

University of Nebraska, Lincoln

IT IS WITH increasing frequency that we read in the papers of tragedies resulting from drinking and involving college students. As we read we cannot help but wonder what prompts supposedly intelligent youths to permit themselves to become intoxicated.

If we take a scientific approach to this problem, we can not blame the individual alone, but must look also to the college society of which that individual is a component part. Human attitudes do not develop in a vacuum, but only in the interplay of mind and environment. A consideration of the college environment with regard to liquor assumes more meaning when we realize that in the majority of cases it is this environment exclusively that shapes the student's ideas concerning drinking. Now that the influx of G.I. students is tapering off, most young people enter college directly from high school. The normal college years occur somewhere between the ages of seventeen and twenty-three. During these years a person attains legal majority and with it a legal right of drink.

And so the average high school graduate whose mind is waxen with regard to liquor, is taken away from the influences of his home and thrust into a society of older youths who possess the legal right to drink and in many cases exercise that right.

The new environment is one in which liquor plays an important part. In most cases the student's attitude toward drinking will be shaped by the social pressures which impinge upon him from every side. These social pressures push in opposite directions, away from drinking and toward drinking. In analyzing these pressures it is important to note that those pushing away from drinking primarily originate from outside the student body; those pushing a student toward drinking originate within the student body.

The primary regulatory pressure usually comes from

the school itself. Either drinking or intoxication is expressly forbidden by university officials. The penalty is expulsion. A few schools permit beer drinking on or near the campus under close supervision of the administration. However, taverns are not permitted within a certain radius of most schools and many college towns are "dry."

Other anti-liquor social pressures of importance are legal restrictions, church youth groups, and the influence of the church itself.

Now let us examine the social pressures leading to drinking. Most college students regardless of age consider liquor a part of what they term the "college rah-rah life." College parties are referred to with pride as "drunken brawls." "Beer-busts" are common fraternity affairs, each frat man possessing his own beer mug on which is engraved proudly his name and fraternity crest.

Girls as well as boys keep bottles of liquor in their lockers against dormitory regulations, but with the consent and admiration of some of their companions. Younger students look up to older students; older students drink. Campus humor magazines proclaim the Omar Khayyam drinking philosophy. Coeds who drink are collegiate. Most universities harbor illegal secret drinking fraternities such as TNE whose members get drunk and, in the middle of the night, paint the campus with skulls and crossbones.

This is not to say that every college student drinks; yet all of these examples are common in the average American college. To students it is all part of college life in spite of the restrictions. Yet, if students fully realized the consequences of drinking, their attitude would probably change.

Let us look at three newspaper stories appearing the same week. Two medical students, one a sophomore, the other a senior to have been graduated with honors were expelled from school. They had celebrated the night before graduation, became intoxicated, and assaulted an elderly couple.

Three students were killed as a result of drunken driving.

Two students were at the last minute not tapped to a

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Social Pressures, Alcohol and College

By JOHN F. COLE
Marietta College, Marietta, Ohio

DO SOCIAL PRESSURES cause college drinking? The answer to this question is "Yes," in one Ohio college at least. For data from this college shows that 74 per cent of the students who drink, do so from social pressure.

Astonishingly, too, 81 per cent of all students questioned *do* drink. Of these, 59 per cent who drink beer, drink once a week or oftener. And 53 per cent of the drinking group indulge in liquor at least once a month.

These amazing percentages were arrived at through a scientifically prepared questionnaire filled out anonymously by 277 students of a typical small Ohio college. Care was used to make sure the sampling included a definite cross-section of various classes of individuals. Questionnaires went out to business majors, pre-medical students, religious majors, journalism majors, history majors, etc.

Many interesting facts showed up when the question was asked, "With whom do you drink?" Eighty-two per cent replied that they drink either with one or two friends or with a group. The remaining 18 per cent drink alone as well as with friends.

There is a very definite correlation between drinking alone and the age of the student. Only 9 per cent of the age group from 18 to 20 drink alone while 40 per cent of the 30-32 age group do.

The question, "Why do you drink?" also brought forth several interesting percentages. Fifty-five per cent said they drink either because they "like the taste of it" or else because they "get a bang out of it." A startling 25 per cent drink because of boredom. Seventy-four per cent drink because others in the social group drink and they wish to feel they are accepted members of the group.

Very little difference showed up between married and single students and their taste for alcoholic drinks. How-

ever, it was found that single students drink more from boredom than married students. This is exactly opposite to the common belief held on the subject.

When asked, "How often do you drink beer?" 21 per cent said "Never," 20 per cent said "Once a month," and 59 per cent said they drink more than once a week.

Twenty per cent more single students drink more than once a week than married students. This probably can be accounted for by the fact that single students have more money to spend on drinking than do married students.

Answers to the question, "How often do you drink hard liquors?" were as follows: Those who never drink them, 21 per cent; those who drink them at least once a month, 53 per cent; and those who drink them once a week or oftener, 26 per cent.

From the foregoing statistics it is evident that social drinking is more definitely a part of college life today than is commonly realized. Anyone will tell you that hot-dogs and baseball, big cars and radios are all part of our American culture, but let someone mention that drinking is an accepted part of college life and you immediately feel a coolness of raised eyebrows.

That these social pressures of college life do exist is quite obvious. The problem is, what ought to be done about them? . . .

Since easily 70 per cent of college students drink before coming to college, it is evident that education about alcohol should start in high schools, churches, and in the homes. Our society should definitely start a crusade against the romantic place present-day drinking has in our culture. For years, we have been assaulted by advertising propaganda of the liquor industry until the majority of us believe it.

All of us know the proper thing to do would be to do away with the source of the problem as we have done with all the other harmful drugs. But, as our society is today, this would hardly be feasible, so the next best thing for us to do is to steal a march on the alcohol industry.

For every dollar they put up for their propaganda we should match it and go one better. You may say this is

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"Keeping Up With the Joneses" --- A New Aspect

By MAXWELL C. COHEN
University of Manitoba, Winnipeg, Can.

WE'VE ALL HEARD the phrase, "keeping up with the Joneses." In a society characterized by rapid social mobility and dominated largely by material goals, we cannot help being aware of the frenzied desire on all sides, to own a bigger home, a flashier car, smarter clothes, than the next person. To be as well, or better supplied with the equipment of good living as our neighbor is one way of insuring that our status in the community is all that it should be.

It isn't too difficult to observe a marked similarity between this attitude of "keeping up with the Joneses," and the dictum which rigidly determines the *modus vivendi* of the undergraduate, the necessity of being "a regular guy." Just as the harried businessman will often, for appearance's sake, find it necessary to own a more expensive car than he can afford, so is the college student often compelled to adopt habits which go against his grain, in order to make himself acceptable to some particular group.

Unfortunately enough, one of these habits is very often that of heavy drinking. For some wholly incomprehensible reason, a certain type of mind persists in seeing liquor capacity as an unerring symbol of virility. Liquor is the stuff that "puts hair on your chest," that "makes a man out of you." Little notice is taken of the fact that for every man liquor has made, if in truth there are any, innumerable shambling, stupefied human wrecks crowding our jails, our hobo jungles, and our slums, offer eloquent, if heartbreaking testimony that liquor performs rather a different office for mankind. These are men without friends, without self-respect, without hope. These are the men alcohol has made.

But perhaps the campus is too far away from these

sordid examples of alcohol's beneficence, for the lesson to come across or to penetrate very deeply. In any case, there is no denying that on the various campuses around the country, drinking is considered "smart." In too many groups the drinking student is the socially desirable student. The non-drinker is dismissed as a prude or a "drip." One student, a sophomore, adequately summed up the situation when he said, "I don't like to drink. As a matter of fact, I can't stand the stuff. It always makes me sick, but everybody else in the frat drinks, so what can I do? I've got to go along with the bunch."

It is not, however, only the male students who are affected by the necessity of "keeping up with the campus Joneses." Tale after harrowing tale has leaked out into print recently of drunken orgies participated in by groups of college couples. The gradual increase in drinking on campus has gone hand in hand with the loosening of sex morals and the accompanying increase in illegitimacy and disease.

Why is it that we find young college girls going out on dates, and becoming so intoxicated that they are very often unable to remember where they were, or what they did? The hard truth is that many college men will not ask out non-drinking girls, and rather than run the risk of being unpopular and lonely these girls, many still in their teens, have learned to drink up and like it. In many cases the lesson is dearly paid for.

Who are these groups that demand of their members that they become semi-alcoholics as an added initiation fee? It would be very easy to point an accusing finger at the fraternities and sororities, who have undergone much criticism of late, and say that they alone are responsible for this unfortunate state of affairs. But campus drinking goes beyond the frat house and the sorority house, and today there is barely a campus organization, however informal, that doesn't share in the blame. Scotch and soda are as much an accepted part of the university social function today as cake and ice cream were forty years ago.

What, then, is to be done? First and foremost, the edu-

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Alcohol and Social Pressure

By ANN WATSON

Greensboro College, Greensboro, N. C.

ARE YOU IDENTIFIED as a "wet blanket," or are you one of the crowd? As a college student your answer probably depends upon your standards of drinking conduct. Campus drinking is a vital cog in the large wheel on which fifty-six million social drinking Americans are riding.

Realistically speaking, this wheel has been given many names—one of which is moderate drinking. "Every moderate drinker stands on the slippery slope even if he never lands at the bottom." Three million, seven hundred and fifty thousand excessive drinkers are coasting to the bottom to join seventy-five thousand chronic drinkers—all of which adds up to one billion dollars in lost wages for the United States.

It is no small wonder that increasing numbers of college students are flirting with social dynamite in drinking alcoholic beverages.

Alcoholism is a disease nourished on college campus by an universal false conception of a "good time" and supported by the social pressure of the "smart set." A "good time" by the "smart set" usually implies a frat beer party, a sorority rushing recruits with a cocktail hour, or a date whose idea of fun consists in sharing a flask of whisky in a parked car. An important remedy for this disease, the fourth largest public health problem in the United States, must be initiated on the college campus where a life-time drinking pattern may be acquired.

Professor Herbert A. Bloch of St. Lawrence University writing in *The American Scholar*, believes that most American students will have their drinking habits altered only by changing their idea of how to enjoy time.

Because our drinking habits are a part of the recreational pattern, he foresees no immediate success for reformers or any other efforts to change American drinking unless it might be changed by working with what the American means "by having a good time." Where are

more "good time" opportunities found than in a college life? And to analyze the "American good time" further it is found to be governed by various social pressure groups.

This same social pressure, now the negative acceleration for the wheel of moderate drinking, may be inverted into a positive force in the prevention of increased alcoholics. . . .

What is needed is a new set of group sanctions regarding drinking; a search for constructive ways of living that do not involve the use of alcohol.

Conscience, developed with aid of childhood training blended with family and religious cultures, stands as the first barrier against any indulgence in alcohol. That is, if an individual is not supported by the mechanism of conscience, he loses his most valuable ally in control of drinking. This possession will enable him to demonstrate

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KEEPING UP WITH THE JONESES

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cational authorities must cease to pretend that the problem doesn't exist and accept some responsibility for its remedy. Regulations carrying penalties of expulsion must be devised and rigidly enforced. Campus organizations, proven to be centers of drunkenness, must be faced with a choice between reforming or losing their privileges. But this is not enough. Trained, intelligent men must be found to advise students on problems of a personal nature, sparing many the necessity of seeking a temporary and dubious escape in alcohol.

Last of all the church must seek to recapture its young people, too many of whom have found the ivory-tower platitudes of their religious leaders inadequate weapons against their problems. It must learn to talk to an enlightened but insecure youth in terms that will be understood and appreciated and respected.

When family, church and school come together in an enlightened approach to this problem, then perhaps the campus will cease to resemble the honky-tonk.

Pressure From Within

By HAZEL CLARKSON

Lindsey Wilson Junior College, Columbia, Ky.

THE EXPRESSION, "Everybody's Doing It," may be true on the campus of some colleges, but it is not true on "the Beautiful Campus of Lindsey Wilson."

The pressure from within is so great here on Lindsey Hill that the popular thing to do on this campus is to abstain from the use of liquor.

During the time I have been here, I have noticed a decided trend toward higher morals and better standards of living. Looking deeper into the situation, I find an answer in this: that the pressure of Christ's love dwelling in the hearts of the wonderful Christian instructors is having its effect upon the lives of the young people as they dwell together here as one large family. These instructors meet their classes, not as they would meet a drill press or a typewriter in factory work, but as souls destined to go out and influence the world for time and eternity. . . .

If mothers and fathers could be brought to realize that "the pressure from within" is greater than any force without, then the problem would be solved.

Don't Blame the Campus

By LARRY GUSHEE

Haverford College, Haverford, Pa.

A COLLEGE is undoubtedly an institution of learning. But beyond this, it is an institution with which is associated many assorted phenomena and "institutions" . . . football games, pep rallies, "collegiate" clothes and . . . drinking. Not drinking to escape, for the frustrations of college are rarely that desperate, but social drinking. In college, when good fellows get together, some kind of alcoholic beverage usually accompanies the party. What is there about college that establishes drinking habits and customs? Why should college men drink?

In high school, boys and girls often drink to be different and to gain a certain notoriety and reputation for daring; by the time a person reaches college he has out-

grown these reasons. College crystallizes opinions about drinking found in high school into drinking habits. The reasons lie not in the college; drinking first becomes obvious there, when parental control no longer guides the children. . . .

Social pressure to drink is not a characteristic of the campus, but comes from outside. Campus drinking cannot be isolated from the whole phenomenon of social drinking in America. While children, we saw that drinking is one of the things that mature, grown-up people do and it is only natural that when we enter college and approach maturity we should take on these habits. . . .

Look at the nation, not the college, if you want to know why our college students drink. Social pressure starts as soon as the organism can perceive, and social pressure to drink starts in the home. Don't blame the campus.

SOCIAL PRESSURES, ALCOHOL AND COLLEGE (Continued from page 54)

nothing but wishful thinking. Is it though, really?

Surely, out of all the churches, certain industries, and civic organizations, enough capital could be raised to combat alcohol on its own grounds.

This may sound like a round-about way to get at the present-day social drinking in the colleges but it actually is not. After all, the majority of the students today drink and undoubtedly will continue to do so. The problem is to get at the young people who haven't started drinking yet and educate them away from drinking.

DARE TO BE DIFFERENT (Continued from page 42)

dangerous social implications. For example: What is personal freedom in a society that demands conformity, then denies responsibility for the consequences?

Campus publications should be used to more advantage. What if abstinence were displayed as attractively as indulgence, with actual proof of the resultant happiness and achievement, with really distinguished persons and just as popular students or athletes to back it? If

some true facts about drinking were placed beside the beautiful liquor ads?

It is true that liquor interests have the money for advertising, but if opposing groups in colleges should unite in a cool, intelligent, persistent counter-attack, things would happen.

Everybody *isn't* doing it. We just don't say enough about the ones who aren't.

The Problem is the Solution

By JOHN R. CONRAD
Emory University, Atlanta, Ga.

THERE ARE MANY WAYS to attack a social problem. We may seek to solve it emotionally. We may deal with it legally. Or we may attempt a psychological solution. In any event, our results will, of necessity, be a product of our methods. If we wrestle with a question emotionally, our answer will be replete with emotions. Should we be coldly legalistic in our approach, then our resultant ideas will observe that same dehumanized quality. But if we make an effort to study the mind of man from the dual vantage point of both its nature and its nurture, we may very likely discover vital facts that are amenable to successful pragmatic application in the confusing situation. . . .

For many years, the churches of America have gone on record as violently opposed to alcohol in any form that has for its ultimate end the intoxication of men. . . . Theirs has been, and is now, an emotional appeal. . . . Only recently has the church made any effort toward gaining an understanding of the root causes of drinking, toward meeting the problem realistically. . . .

Social pressures on the campus, in the frat house and at the driving club cannot of themselves produce problem drinkers. Frustrations need facing, not rechanneling. Mental conflicts that are denied temporary abeyance through alcohol will find expression elsewhere. The problem, then, is the solution. For once we face our real problem frankly and honestly, our drinking problem will have found its solution.

Contest Awards, 1949

First Prize, \$200

Three Facets of the Campus Drinking Problem, HAROLD E. WHIPPLE, Milton, Mass.; Ohio Wesleyan University '49. (Now a graduate student at the University of Chicago.)

Second Prizes, \$50 each

The Blind Lead the Blind, ALLEN M. POOL, Anderson, S.C.; Presbyterian College '50.

The Third Party, JOHN VRIEND, Houston, B.C.; Calvin College '51.

Third Prizes, \$20 each

Influence, ROSS W. CARLE, College Place, Wash.; Walla Walla College '49.

A New Approach to an Old Problem, WALTER W. ANDERSON, JR., Trenton, N.J.; Rutgers University '51.

Is Liquor Quicker? JOHN W. SCHEURMAN, Kearney, Neb.; Nebraska (Kearney) State Teachers College '50.

Dare to be Different, VERGIE E. GILLESPIE, Charleston, W. Va.; Alderson-Broadus College '50. (A prize-winner for three consecutive years. Has "high scholastic average.")

He's on the Wagon, TOM TOWNSEND, Omaha, Neb.; University of Omaha '51. (Has highest scholastic average in the university, according to the registrar—straight A.)

Social Pressure and Campus Drinking, JACK SOLOMON, Omaha, Neb.; University of Nebraska '50.

The Problem Is the Solution, JACK R. CONRAD, Atlanta, Ga.; Emory University '49.

Keeping Up with the Joneses—a New Aspect, MAXWELL C. COHEN, Winnipeg, Man.; University of Manitoba '49.

Social Pressures, Alcohol and College, JOHN F. COLE, Marietta, O.; Marietta College '50.

Alcohol and Social Pressure, ANN WATSON, Ahoskie, N. Car.; Greensboro College '49.

Honorable Mention

Pressure from Within, HAZEL CLARKSON, Dunnville, Ky.; Lindsey Wilson Junior College '49.

It's a Must, HENRIETTA TEN HARMSSEL, Sioux Center, Iowa; Calvin College '49.

Don't Be a Sorehead, DEAN BUCKINGHAM, Crawford, Neb.; Chadron (Neb.) State Teachers College '51.

Drink or Be Ostracized? EDWIN L. WINTER, Huntington, Ind.; Hanover College '51.

Whisperin' Bills, ALICE REITSMA, Grand Rapids, Mich.; Calvin College '49.

Aim—All Lindas, REIA REGAN, Selma, Ala.; Queens College '52.

Don't Blame the Campus, LARRY GUSHEE, Norwich Conn.; Haverford College '52.

Don't Hush Up Drinking, Deglamorize It, ANTOINETTE TUMINELLO, Shreveport, La., Centenary College of Louisiana '50.

Why You? PHIL FERGINGA, Grand Rapids, Mich.; Calvin College '52.
The Small College Spirit, ROWENA BEALE, Sunnyside, Wash.; La Verne College '51.

Ye Shall Know the Truth, BETTY BROST, Alliance, Neb.; Nebraska (Chadron) State Teachers College '50.

That Demon Called Alcohol, ROWENA ROSS, Salina, Kan.; Marymount College '50.

Social Pressure and Campus Drinking, GENE CARLSON, Ashland, Wis.; Northland College '51.

JUDGES

Dr. Joy Elmer Morgan, Editor, *The Journal of the National Education Association*, Washington, D. C.

Mr. Howard E. Hamlin, Supervisor of Health and Narcotics Education, Ohio State Department of Education, Columbus, Ohio.

Mr. Arthur West, Associate Director, *Methodist Information*, a national press relations bureau, Chicago, Ill.

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FACETS OF THE CAMPUS DRINK PROBLEM

(Continued from page 36)

dances, more intra-mural activities—at all of which non-alcoholic beverages are served. Also faculty-student get-togethers can be used effectively to demonstrate that “good times can be had by all” without the (so-called) stimulation of alcohol.

Only when the college student realizes that drinking is not a necessary part of his life will he find his way to a much more responsible approach to life; and only when the vast majority of American students participate in the legitimate forms of recreation to the exclusion of the other will America find itself at least partially on the road to permanent sanity.

ALCOHOL AND SOCIAL PRESSURE

(Continued from page 58)

individual personality characterized by popularity without any alcoholic assistance. As a reward for a social conscience, Mr. College Individual will be the kind of character and personality that has no need for C_2H_5OH (the basic ingredient for all intoxicating beverages) on the college campus.

This is the bulwark against the social pressure on campus drinking.

SOCIAL PRESSURE AND CAMPUS DRINKING (Continued from page 52)

senior men's honorary. It was discovered that they were members of TNE, the campus drinking fraternity which had been causing trouble on the campus.

These are but three examples taken from one week's headlines; examples that can be magnified hundreds of times in colleges throughout the country. Yet, regardless of these tragedies, regardless of administration restrictions, most students accept liquor as a part of campus life.

How can this be changed? By letting the social pressures against drinking come from within the student body, not from without. Already a few schools are taking the lead. College students are intelligent men and women. The way to influence them is not to tell them what they may and may not do. Give student government power to rule with regard to liquor. Let student organizations, church clubs, and school publications deal with drinking and its dangers, and students will become aware of the consequences of liquor. American college students have enough intelligence that given the power they will build within their group social pressures that will solve the problem of campus drinking.

BUT - - - - -

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on the College Campus,
or at High School.**

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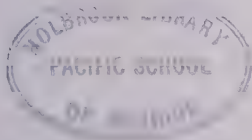
JANUARY,
1950

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -



Deglamorize Alcoholic Drink

Case History

IF Alcoholism *is* a Disease?

Dulling Central Nervous System

Measuring Trends

Social Drinkers

Entrance, Centenary College,
Shreveport, La.



"Democracy
is something
deeper than
Liberty; it is
Responsibility"

THE INTERNATIONAL STUDENT

January, 1950

Vol. 47, No. 3

HARRY S. WARNER, *Editor*

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INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

August 27—Sept. 2, 1950

IN HARMONY with the recent trend among Universities to lead in education on the Problem of Alcohol, a new adventure toward meeting the problems that face college students today, is The Intercollegiate School of Alcohol Studies, to be held in August, 1950. Recognizing a growing concern, in college and outside, and the present confusion in understanding regarding personal and social problems related to Alcohol—and "what to do about it"—the plan of the School is for representative students from many colleges, to face them frankly TOGETHER, with the aid of high experts, scientists, educators and health-leaders, in a week of lectures, workshops, personal interviews and planning commissions.

And, with the serious work, three hours every day for games, music, and folk dancing, organized by a high expert in intercollegiate recreation, will give opportunity for making new acquaintances while on the Campus of Otterbein College, Westerville, Ohio.

For advance announcement, and information regarding scholarships, address:

The Intercollegiate Association,
12 North Third St., Room 522,
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Deglamorize Alcoholic Drink

A Student Editorial

By ANTOINETTE TUMINELLO
Centenary College, Shreveport, La.

EVERY YEAR buses go to campuses all over the United States to X-ray students for tuberculosis. Annually medical check-ups are given for heart disease in our colleges. And, too, annually college students donate to the cancer fund.

But never is attention given on college campuses to the disease of alcoholism as openly as it should. Even though alcoholism is a condition resulting from excessive use of alcoholic liquors, and is now causing the statistical curve to ascend with the curves of tuberculosis, cancer, and heart disease.

It has been estimated scientifically that there are 3,000,000 serious victims of drunkenness in the United States. Of these, 750,000 are chronic alcoholics who have developed bodily or mental disorders in consequence of prolonged drinking. They are considered to be "the alcoholic sick," who, although they may wish to quit, are seldom able to do so.

Over one-half of these people who are "the alcoholic sick" owe their condition chiefly to social drinking, the others largely to inner personal characteristics, deficiencies or nervous instability. But the other 2,250,000 inebriates, "excessive drinkers," also are on the way to becoming chronic drinkers. Practically all of the 3,000,000 inebriates, compulsive and social drinkers alike, gained their first experience with alcohol in some social group. And many of them were encouraged to continue, often to increase their drinking, by the social pressure of the community in which they lived.

As a result, it is plain to see that the chief source of alcoholic intemperance today and its greatest continuing influence, is social tradition.

This social tradition usually begins in college, where drinking is given a halo of dignity and importance that

This editorial was awarded Honorable Mention in the 1949 Contest of the Intercollegiate Association. Miss Tuminello is a Senior at Centenary College, Shreveport, La.

may not correspond with what actually occurs in the "upper classes."

Today if a college student refuses a drink he might be considered a "party-pooper." In 1830 he was called a "wet blanket." This tradition of drinking and having a good time, drinking and sophistication, drinking as a sign of good fellowship, drinking and smart living has been handed down from generation to generation. It is a known fact, but our colleges refuse to admit the drinking that does occur on the campus. Consequently, alcoholics are in the making because of a great deal of "hush-hush."

We must destroy this social drinking tradition. We deglamorize opium. Why don't we deglamorize liquor? It is in the same category as opium as far as many are concerned, because it can have just as destructive results.

Take the case of Tommy. Tommy was a college freshman who wanted to win the social approval of his new college friends and thereby get into a fraternity. Tommy never had taken a drink before, but he did when he came to college. During his college career he "drank with the boys" constantly. Today he is well on the road to becoming a chronic alcoholic. All because of the desire for social approval!

Tommy could have been helped. However, he attended a small, southern denominational college where campus drinking has always been hushed up. Not even he, much less his friends, would admit that social drinking is the chief source of alcoholic intemperance. And Tommy's case is certainly proof positive.

Social drinking which has caused over one-half of "the alcoholic sick" and which has 2,500,000 "excessive drinkers" on the way to becoming chronic drinkers must be deglamorized and not hushed up.

If the students in our colleges, the future leaders of our nation, take the lead in destroying the legend of the romance of alcohol, our alcoholic problem could be greatly helped.

Just as our college students back the cancer fund, take tuberculosis X-rays, and get check-ups for heart disease, so can they deglamorize social drinking to prevent alcoholism.

Case History

By Samuel Campbell

MAURICE MAETERLINCK, the great Belgian dramatist and poet, once expressed himself as follows: "The man who gives up alcohol gives up great but coarse enjoyments. The nimbus that surrounds these pleasures, the prejudice connected with them, the passion with which they are sought, form the greatest obstacles to a harmonious evolution of humanity."

Psychologists agree that the chief reason men drink is to escape reality . . . to get away from the unpleasant features of an unavoidable environment. They enjoy alcoholizing their brains with the world's most popular self-prescribed drug to be relieved of the insistence and responsibilities they cannot face.

Regardless of what that sensation may be called—"stimulation," "escape," "emotional release," "inebriated," "lit up," "tight," or just plain drunk, it has brought into our modern living distinct forms of social conduct that have very marked characteristics of their own. One of these, a crime of alcoholism that forms an almost impassible barrier to a "harmonious evolution of humanity," is WIFE BEATING... illustrated below in an actual case history from the files of a Toronto welfare agency.

The city hall clock had just tolled 11 p.m. It was a hot dark night in the middle of July. Warm rain came down in a light drizzle as the social worker and her assistant hurried along a street in the downtown area where they



Samuel Campbell

Samuel Campbell, Toronto, Ont., is representative for Canada of *The International Student* and writer for *The Toronto Daily Star*. As a student, he won high honors in the Editorial Contest of the Intercollegiate Association in 1948. He is a graduate of the University of Toronto.

had visited a sick woman and made arrangements for her children to attend a summer camp.

Going past a rickety frame house, whose crumpling verandah is practically on the sidewalk, the worker suddenly stopped, startled.

"What's that?" she addressed her companion, pointing to a figure crouched in the dark doorway.

"It's me, Mrs. W.," a voice replied, and the huddled figure which had been peering into the house through a chink in the shabby blind, came out to meet the social workers.

In the light of the street lamps they recognized her as another of their charges in that particular district. She was haggard and tired looking and wore a large strip of adhesive tape over her left temple. The rain caused her tousled hair to cling about her terrified face like seaweed.

"He's drunk again!" she gasped, "and raging mad. I'll wait out here till he passes out."

From inside the poor, squalid house came her husband's coarse voice, alternately cursing and singing a ribald song.

The social worker insisted that the police be called, but the woman begged her to do no such thing.

"It would only make it worse for me the next time," she sighed. "Everything will be all right. It's just that Jim gets fed up with being poor and he tries to forget. The children are safe at my sister's and I'll sleep on the couch on the verandah till he cools down."

Reluctantly the social worker and her assistant accepted the woman's own solution to her problem and boarded a street car for home. The woman stretched out on the couch and lay there . . . listening and waiting. . .

"Do away with the use of alcohol," continues Maeterlinck, "and you will see spring up truer, deeper, simpler, more peaceful more intellectual and more human joys."

Nothing is more erroneous than to think of diminishing the destructive effects of alcohol by substituting beer for other alcoholic drinks.—Professor Strumpel, Breslau, Germany.

If Alcoholism *is* a Disease

What of it?

By Harry S. Warner

"SO WHAT?" says the self-confident youth, certain that he is free from ever catching *that* sickness. Yet, under these dismissing words, there lies a very real question to anyone whose serious curiosity has been stirred by the "so what?"

THIS QUESTION, if it is a question, calls for a realistic and scientific answer. For the new concept of alcoholism as a sickness is vastly misunderstood, its implications hotly controverted. And a fair answer can not be a simple Yes or No.

But does it make any difference whether Alcoholism is regarded as a disease, a sin, or a disgrace? What difference? What does that difference mean—to the "sick man," his family, his community, the nation? For the fact of this national illness—the multiple-presence of 75,000 so seriously ill that they cannot control themselves, the total 4,000,000 inebriated drinkers including these compulsives—has become, in the opinion of high health authorities, "the fourth greatest public-health problem" of America—a gigantic problem of human living. "So what," seriously, are the facts? What does it mean to call it a Problem of Public Health?

Is the Heavy Drinker Sick?

Words have different meanings, even to people of high intelligence; previous or habitual connotations or preferred choice of possible meanings are reflected, often, in ordinary usage. Let us, therefore, seek the ideas back of the popular words used in naming the personal disorders that accompany heavy drinking of alcoholic liquors. What do men of scientific accuracy mean when they call the final victim of alcohol "sick"?

Practically all research experts today, psychiatrists and physiologists, medical men and health authorities, agree that the matured alcoholic is mentally and emotionally disturbed, and often physically sick as well. The

functioning of his nervous system is disordered. He is not merely "a drunk," a violator of the peace, of his drinking code, a criminal, a sinner, or willful rebel against his conscience and his social crowd. He has become, quickly or through his years of drinking, a seriously ill man in personality, mind and body. No longer does modern scientific understanding hold him exclusively—or mainly—responsible personally for his deteriorated condition.

"If the reader could see the letters I receive from friends of Alcoholics, listen with me to the pleadings of a mother or a wife that something be done for her son or husband, to the Alcoholic himself, as he seeks to be freed from being a millstone about the neck of his family," says Dr. Andrew C. Ivy, physiologist, "they would realize that Alcoholics are sick people, not criminals.

"In many cases alcoholism is a disease like morphinism; in other cases, alcoholism is a symptom of disease. According to one study, 40% of alcoholics had a psychopathic personality, a mental deficiency, psychosis, or epilepsy, and their drinking appeared to be symptomatic of the disease. . .

"The largest group consisted of secondary addicts, or patients who became dependent on alcohol because of repeated social drinking."

Thus, alcoholism comes both because of inner weaknesses in the individual and because of the continued effects of alcohol itself, taken over long periods; also, from and through indefinite interplay of these two factors. Weak personalities quickly become victims; strong and well-integrated ones, much more slowly, but millions of them no less surely. When the drinker reaches the stage that alcohol is a necessity to him, when it interferes with his work, when he cannot readily quit its use, counts on having it every day, he is regarded as "sick"—whether he was nervously disordered, neurotic, psychotic, or feeble-minded when he began drinking or whether his addiction came as an accompaniment to his years of steady drinking.

The Personal Source

Brought to public attention by recent scientific research and discussion, the part that inner personal conditions take in developing "the alcoholic sick"—inebriates, alcoholics, compulsive drinkers—is now accepted as very significant. To them their drinking is a symptom of previous or underlying nervous or mental disorder. These disorders have been inherited, or acquired in childhood from abnormal, cruel, over-anxious, or poverty-stricken home life. The sickness is within themselves; they were sick before drinking; their drinking is, chiefly, a symptom rather than a cause.

The number of "the alcoholic sick" in which the personal factor is the main source is given by some authorities as 40%; by others, including Dr. E. M. Jellinek, of Yale, as 60%. They come, he says, "from an entirely normal origin and only in the course of drinking. They are not seeking release. They are conforming to certain habits in their set."

This variation is due, doubtless, to the fact that in many, personal and social influences are indefinitely combined and confused as major cause. In general it may be said that the personality source accounts for approximately one-half of these who have reached, or may reach, the stage of addiction.

But it is self-evident that without the addition of beverage alcohol—usually from social or environmental influences—even the neurotic could not be called an alcoholic; he would not be a drunkard, whatever else he might or might not become. For these drinkers, inebriety is a resultant of inner weakness combined with alcoholic intoxication. Inferior personal characteristics alone are not sufficient to explain alcoholism. This is shown by Jellinek, when he says, "personality furnishes the terrain on which alcohol addiction may or may not grow and that, in itself, is not sufficient cause of addiction. No personality constellation leads of necessity to addiction. Certain forces act on the terrain to bring about addiction—there is no one type of personality that becomes alcoholic." Elsewhere he says, "the quest for the 'alcoholic personality' has been a vain one." And Dr. Robert Flem-

ALCOHOLISM is a social scourge equal in importance to tuberculosis and syphilis, of which it is partly a cause.

—Prof. Dr. PAUL PERRIN, Nantes School of Medicine, Nantes, France, in *Alcoholism: Medico-social and Economic Problems*, a coming 1950 book.

ing of Havard Medical School concludes that “no human being can be regarded as immune to addiction.”

The Social Sources

The influences that come from environment are responsible for at least one-half or more of “the alcoholic sick.” The tradition of drink in social history, its wide prevalence among many nationalities, its presence in polite society, the pressures of social custom and fashion, and the aggressive salesmanship of those seeking gain from liquor consumption by creating and intensifying inner desires, constitute the major source—from 50 to 60%—from which inebriety in all its variations arises and grows into serious, then incurable degrees of alcoholism.

As Dr. Ivy says, referring to alcoholics in hospitals: “The largest group consisted of secondary addicts, or patients dependent on alcohol because of repeated social drinking. Prior to addiction, the patient was a reasonably well-adjusted social drinker. Then situations arose which were followed by heavy drinking and alcoholism. . . Alcoholics are sick people, not criminals; they have been produced by a social attitude for which you and I are partly responsible, and for which society at large is entirely responsible.”

“If a potential alcoholic with a susceptible metabolic individuality is reared in an atmosphere where drinking is common and relatively unrestrained, where money to purchase liquor is available and there is abundant time in which to indulge,” writes Dr. Roger J. Williams, “the chances of escaping addiction are extremely small. . . On the other hand, if the potential alcoholic is reared and lives continuously under conditions which discourage the use of liquor, his chance of escape is good.” (“The

(Continued on Page 78)

Dulling of Central Nervous System

BEGINS WITH FIRST DRINK

Says Dr. George W. Crane,
Physician and Psychologist

“IF YOU WANT to produce *temporary feeble-mindedness* in an intelligent adult, just anesthetize his nervous system with alcohol. With the first drink he begins to react less quickly.” Dr. George W. Crane, noted psychologist, recently of Northwestern University, told an audience of several hundred governors, mayors, national traffic and safety leaders and officials, at a dinner in Chicago, recently.*

The dinner, tendered by the National Safety Council was given in award to the governors and mayors of the winning states and cities in the Eighth Annual Safety Contest sponsored by the National Safety Council.

“The dangerous effects of the liquor begin with the first drink and do not require complete intoxication,” Dr. Crane explained to his distinguished audience. “Last year more than 25 per cent of the auto accidents were attributed by the motorist to ‘a few drinks.’ The driver didn’t know he was 10 per cent slower in his movements as a result of his highballs.

“That is where the greatest danger comes from alcoholic beverages in relation to safety. The first drink immediately begins to dull our nervous system, including the brain. As a result, speed of movement is slowed down but unfortunately the victim is not aware of this slowing. He thinks he moves just as quickly as before he took the drink so he delays too long in applying his auto brakes or he fails to get his hand from under the punch press. As a result he crashes or he loses a finger.

“This dulling of the nervous system may increase, until

Dr. George W. Crane’s name is familiar to newspaper readers over the country through his column on applied psychology in thousands of dailies under such titles as “Case Records of a Psychologist,” “The Worry Clinic,” and “Test Your Horse Sense.” This address was given April 11, 1948, at the Drake Hotel, Chicago, Ill.

IN HIS STRUGGLE for survival, man is exposed not only to bacteria, viruses, protozoa and other parasites, but to many intoxicating substances as well. Some such as lead and arsenic, he may encounter in his work . . . much has been done in the past few years to improve conditions in industry and lessen the danger to workers. . . Food poisoning, popularly but incorrectly called "ptomaine poisoning," is far less common than it was, due to modern processing, canning, refrigeration, handling and transportation. But *poisoning by alcohol has been and remains one of the most important and perplexing problems that medicine has to face.*—*The Doctor's Job*, CARL BINGER, 165.

an intelligent adult drops to the mental level of a 12-year-old child, where slap-stick humor is the rule. He thinks everything is uproariously funny.

"The dulling effect increases with each drink and he may reach the stage of the 6-year-old, where he quarrels and fights, or is vulgar and tells risqué stories which he wouldn't think of telling at that time if his brain were functioning normally.

"Ultimately, if he hasn't been taken home and put to bed, he may reach absolute zero in mentality and lie down on the Oriental rug where he pukes all over the floor in entire disdain of Emily Post's fine rules of etiquette and where he may even lose sphincter control of rectal and bladder muscles."

Moral Deterioration

Dr. Crane also emphasized the moral deterioration which takes place under the effect of alcohol, saying, "Since our judgment and ethical habits are based on a reasonable degree of active intelligence, for hogs are too dumb to be moral and honest, as soon as we anesthetize the brain with liquor, the victim may indulge in immorality, vice, and gambling. He may, in grandiose style, squander his pay check when a wife and children are anxiously waiting at home, hungry and desolate.

"This is no sob story or overdrawn picture. You should see my mail each week if you want to witness the inside story of alcohol from the psychological angle. Alcohol is a depressant drug, which slows our actions and our thinking."

Measuring Drink Trends

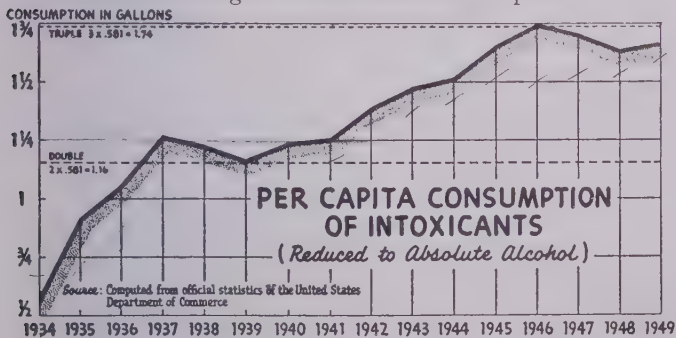
OF RECENT YEARS

APPARENT CONSUMPTION figures of alcoholic beverages are based on "withdrawals for consumption" and are by far the best measure of the amount of intoxicants consumed. But, because of this, short time comparisons are liable to a large margin of error. The longer the period compared, the less likelihood of appreciable error.

As late as June 1949 the "apparent consumption" of spirits was "off" but when the final figures were in an actual increase in the use of whisky, gin and other spirits were observed.

We now have the final figures on the entire first fifteen years of the repeal period. There is little likelihood of more than minor error in the figures.

The chart below gives the annual consumption.



The Foundation Says, Oct.-Nov., 1949.

The experts tell us that driving accidents can be caused by the consumption of even one glass of beer. Even small quantities of alcohol slow down the quickness of our reactions. In half of the automobile accidents on the roads, tests show that the drivers had alcohol on their breaths.

—DR. ROBERT A. MILLIGAN.

"The first danger is that every sip begins to reduce mental alertness," writes a noted psychologist, Dr. George W. Crane.

IF ALCOHOL IS A DISEASE?

(Continued from Page 74)

Etiology of Alcoholism," Quart. Jr. Studies on Alcohol, Mch. '47, 581).

The addition of alcohol, therefore, through social influences, to nervously-disordered lives seems to be the **activating cause** of alcoholism. It matures a latent weakness into an active disorder. And it is with the permission of society that this becomes possible.

Misinterpretations of "Alcoholic Sickness"

In as controversial a situation as that of today regarding Alcoholic Drink, it has been easy for extreme and fantastic misrepresentations of the "Alcoholism-a-Sickness" idea to arise. Some of **these misunderstandings** are that:

The problem of the Alcoholic is the whole Problem of Alcohol;

The illness of the Alcoholic is self-made illness;

His personal inferiority alone is responsible for his problem;

Being sick, he is relieved from responsibility for his condition;

Being a disordered personality, his drinking associates, the traffic in alcohol, society and the community are automatically relieved from sharing responsibility;

No man of "Distinction" becomes an Alcoholic;

"Alcoholism-a-disease" is a propaganda-slogan;

As a disturber of the peace, or a criminal, the heavy drinker alone should face the results of his disorder—frequent arrests, fines, drunk-farms, hospitals;

The scientific idea of "sickness" was devised to lighten the stigma of drunkenness; to afford an alibi to the social drinker; to the liquor-selling agent?

This sick man being what he is, any examination or study of lesser forms of drinking, is irrelevant;

If Alcoholism is a disease, responsibility for its existence is thereby removed from the drinker, his social group, the tavern, the distiller and brewer;

To rehabilitate the Alcoholic is to solve the Alcohol
Problem of Human Society;
Drinking is not a means to alcoholism;
The only problems of Beverage Alcohol are Who?
When? How much?
Calling Alcoholism a sickness removes from drink-
ing the sense of sin; of social responsibility;
The present wide distribution of liquor, among all
sorts of people, youth and age, need not be ex-
amined—or disturbed.

Such pseudo-scientific ideas or half-truths, have been and are being propagandized—exploited by some to remove attention from the social consequences of alcohol as found today; by others, to oversimplify, or conceal certain sources of the illness; by others, to evade recognition of the total problem; yet others, lest emphasis on personal disorders, as a source, may open a way to unrestrained drinking—by greater masses, especially the young, who are fully confident that they will never become disordered; also by those who want to preserve drink traditions and drink desires for purposes of profit.

Significance of "Sickness" Idea

If Alcoholism is a disease—mental, physical or both—and to the extent that it is, common sense and scientific understanding agree that it should be treated as a disease; studied, reduced, quarantined, ultimately eradicated. Toward this goal moves all modern public health effort when facing those other great plagues with which alcohol may be compared, polio, tuberculosis, cancer. This implication is basic in the recognition of Alcoholism as an illness.

But the public is far from accepting this scientific understanding. To face alcoholism as illness, arouses questioning as to the sources of that illness—those outside the individual as well as those within him—and responsibility for those sources. The public or a large part of it, prefers to laugh at the drunk; to hold him alone responsible for his excesses; to arrest him, to jail him, fine him, then re-arrest him in a heartless series of petty punishment; to call him a sinner—against a social code or a standard of morals; to ignore his family

if poor, as of "no account"; if wealthy, as having a "problem drinker" in the family-closet or at a sanitarium. This attitude, in the meantime, permits an endless stream of depleted personalities to become alcoholics.

As the process goes on, commercial propaganda supplies the potential alcoholic with unlimited quantities of the drug that his sick condition makes most dangerous to him.

Instead of this indifference, the gigantic Problem of Public Alcoholic Sickiness, should have as scientific, as comprehensive, as highly-financed, an approach and program of public concern as are now being applied against cancer and tuberculosis—and many times that against poliomyelitis.

Such a program should include specific activities, especially educational, toward particular varieties and sources of alcoholic disorder. There are, as with other diseases, various degrees to be considered. For study, they may be classed as follows:

1. Alcoholism, a Symptom. Approximately *one-half* of heavy drinkers and matured alcoholics are such chiefly because of their inner frustrations or disorders, or lack of maturity; they constitute an outstanding and dramatic group of those who suffer from alcohol. They are discarded by their social group, avoided by society, disliked by the doctor. For their care and rehabilitation the understanding service of those who know, the A.A.'s, the psychiatrist, the counsellors of the clinic, the experienced social worker and minister, a few intimate friends, are necessary. And many of these today are doing a fine new piece of service.

But the community needs re-education in behalf of this alcoholic, that sympathy may replace disdain, co-operation take the place of avoidance; that clinics and hospitals may be established; that opportunity may be given "this sick man" to come back, morally and spiritually, as well as in mental and physical health. And by the only route by which he can return, complete abstinence.

2. Slow-growing Alcoholism. The *other-half*—or more than half—of these who have become compulsive

drinkers—seriously sick people—have reached that state through years of steady or heavy drinking, without complicating factors in personal deficiency. They have been social drinkers, beginning at 16 to 25 years of age. They had normal childhood, are free from inherited nervous instability, have only the usual frustrations and misfortunes that are the lot of average humanity. Their alcoholism is wholly of social origin. It did not “strike” suddenly; only a small per cent became alcoholic in their first few years of drinking. Their alcoholism grew unnoticed, laughed at by drinking companions as something that made them “the life of the party.” Only after an average drinking period of 15 years does serious alcoholism develop, in a normal life.

Then, they too, become alcoholic, they are part of the 750,000 who are sick, almost hopelessly so; they require but may not want understanding, aid for rehabilitation. But they cannot return to social drinking, for “once an alcoholic, always an alcoholic.”

3. Non “Excessive” Drinking. The great majority of the users of alcoholic beverages are social drinkers, occasionally getting “tight.” Ordinarily, they remain and support moderation. Their drinking, usually free from actual alcoholic illness, nevertheless, has a VERY VITAL RELATION to the more serious problems of Alcoholic Sickness. For two basic reasons:

(a) The obvious and fundamental fact that widespread social drinking, highly approved in some groups, especially influential groups, automatically puts a heavy assumption and pressure on all beginners, on Youth, on the great mass of people who persistently follow custom. For social drinking initiates and keeps continuously on the drinking route, those who later become excessive or alcoholic. It creates the atmosphere in which potential alcoholics—not knowing their particular danger—find themselves from youth through life. And from this same environment, the well-adjusted drinker himself, long accustomed to daily release from minor ills and discomforts by alcohol, too often turns to heavy drunkenness, as an escape in times of emergency, financial crisis, sick-

ness, death of a friend—turns dangerously as he did not before.

(b) From ordinary drinking, rather than inebriation, comes most of the public dangers that are acutely connected with alcohol. Drinking drivers on the highway or street; intoxicated pedestrians; machine operators, fights, brawls; emotional and unintentional crime; the "trigger happy" student, who after a cocktail party, shoots a fraternity brother for no cause; the indiscretions and immoralities of many kinds that fill the daily papers, illustrate the explanation of the psychiatrist Dr. Robert V. Seliger, that "Alcohol makes one 'loose' in all spheres—not 'tight.' This 'looseness' causes regrettable, if not serious indiscretions, including sexual indiscretions."

4. Sickness from Alcohol. The physical ills that result from the use of alcohol are chiefly those of the heavy drinker. Moderate amounts affect the mind and its functioning, but not immediately the average healthy body.

But after fifteen years of drinking, on the average, the heavy drinker is in generally poor health, his muscles flabby, his liver fat, his blood poor. His specific diseases come chiefly from nutritional disturbances, because he has been obtaining one-third of his necessary calories from alcohol, instead of food. He eats less than he should and fails to get the proteins, vitamins and minerals that he requires. On account of this malnutrition, certain diseases are found more frequently in alcoholics than in other persons. Among them, are polyneuropathy, or abnormality of many nerves; "beer heart," a weakening and enlargement of the heart, sometimes with swelling of the legs; pellagra, a spotty reddening of the skin, with digestive and sometimes mental disturbances; cirrhosis of the liver occurs more frequently among drinkers than the general public. Heavy drinkers are more likely to get pneumonia than other people and less likely to survive when they have it.

But let it be repeated that the disturbances to physical health that result from alcohol are far less significant

than are those of the mind. For alcohol, basically, is a disturber of the functioning of the brain.

Alcoholic Sickness Today

The alcoholic and the approaching inebriate, approximately 4,000,000 of them, are really sick men and women, mentally, emotionally and often physically, as well. Of this total, over 750,000 are seriously, if not hopelessly, ill. In from 40 to 50%, their drinking is a symptom of inner personal disorders; but in 50 to 60%, these disorders have resulted from and grown with social drinking.

At the beginning of his drinking career the average individual is able to make a decision as to "how much," "when to quit." He makes his decision, often by drifting with the group; if he knows the risks involved, he is responsible, morally and socially for the outcome of that decision. But later, as his capacity for self-criticism and self-control become disorganized, less resistant through repeated anaesthetizing of his brain, he practically loses that ability. His desire becomes centered in the sensations that alcohol yields, in its effects on his mind and nerves. At this point, no recent student of the subject doubts the fact of his sickness, his relative loss of responsibility, or his inability to return to health without the aid of a friend, an expert, a great spiritual experience—or *several of these together*.

He is often a man of ability, worth helping. He can be helped—by those who understand; the doctor, the alcohol-clinic, the A.A.'s, the Salvation Army—returned to normal life and community service. These new courses of aid to the alcoholic who wishes to be helped have been well explored, tested and are yielding results.

Alcoholic Sickness and the Community

But with all the service being rendered by modern scientific effort to the individual, the spread of inebriety and heavy drinking continues. It increases and deepens in many communities. Back of the 750,000 alcoholics are the millions of excessive drinkers; and back of them, the many more millions of moderate drinkers, who *include within their number* those whose emotional make-up and childhood experience is such that they can not long re-

main social drinkers; and further back, are the beginners, all of whom started with little or no knowledge, or without caring, *whether or not they can withstand a life of alcoholic impact on their central nervous systems.*

Public Health Approach

Modern health and community sanitation movements, seek first to find and understand the conditions and sources of illness; then, the means by which, if the particular illness is transmissible, it spreads to others, through the community, into more than an individual sickness.

In a sense, alcoholic illness may be regarded as highly-transmissible—a social sense, at least. For half of it comes directly through social approval, attitudes, conditions, customs and commercial advertising and the other half—that of the nervously-disordered or neurotic-personality—is activated by and in association with others.

“In 1900 Typhoid still occupied fourth place in the mortality list. . . In that year alone there were 55,000 deaths from it. It is now such a rare disease that many of our recent medical graduates have never seen a case,” writes Dr. Carl Binger in *The Doctor's Job*.

By finding and identifying the sources of infection, as impure water, contaminated milk and unsanitary surroundings in the production of food, this disease has been largely cleared out at its origin. Yellow fever, brought to America from West Africa with the slave-trade, is a vanishing disease in the Americas. Transmitted by infected mosquitoes, it has been suppressed by reduction of the swamps and pools that breed its distributing agents.

Thus, many of the miracle advances of modern public health have occurred because science has been able to identify the sources and distributing agencies of disease. To isolate the active agents of illness is now a fundamental procedure in public health service.

But when facing alcoholism as a public health matter—not just the excesses of an individual—it is sharply discovered that there are pressures, social and industrial, that tend to perpetuate and increase, rather than reduce, the growth of alcoholism. For “alcohol enjoys a positive social acceptance that morphine, for instance, does not

... the dominant cultural pattern even tends to encourage its use." In addition, "it is the only drug (among those used for similar purposes) which is extensively advertised and openly sold. It is the product of a great industry with millions of dollars to spend in promoting its use and fighting attempts to curb its sale," says Dr. Abraham Myerson, of Harvard Medical School. And this industry spends \$100,000,000 annually in its advertising campaigns.

These sources and distributing agencies of the disease Alcoholism, too often are overlooked, evaded or not understood. A large part of the public does not want to identify the actual situations in which this illness begins and from which it spreads through the community and the nation.

For "practically all drinkers, moderate and excessive alike, even the addict whose personal inadequacy is his chief trouble—had their beginnings in a social group, in their younger, less knowing days. Friendly invitation, suggestion, a desire to meet expectations, especially *not to be different*, are the starting points of occasional, moderate and heavy drinking alike. Thus, youth of all degrees of alcoholic susceptibility, all shades of mental and emotional make-up, 'problem children' and those without a problem—are exposed to the attractions of alcohol, encouraged to enjoy it, to find release in it, to count upon it until *without knowledge* of what is happening, a sense of depending upon it has become a life-habit." (*The Liquor Cult and It's Culture*, Harry S. Warner.)

Spreading Centers and Carriers

The common cold, the "flu," tuberculosis, are spread by contact of people with each other; by air, water, the mosquito, other media. By identifying these carriers and isolating them, many sources of infection and sickness that were dangerously prevalent a generation or two ago, have been reduced, even eliminated. Typhoid, malaria, Yellow Fever are now subject to decisive reduction and control by sanitary measures. When the means by which they spread had been determined, their suppression became possible. With advance in sanitation and preventive health education, the corresponding carriers of

alcoholism—although this sickness *is in no sense a germ disease*—may also be isolated, studied, identified, and eliminated.

Suggestion, invitation, fashion, are the initiating factors in moderate, heavy and neurotic drinking alike. Back of these, in some groups, stand traditions of alcoholic pleasure, the conventions, customs and ceremonials, that make it seem essential. Almost automatically, under these pressures, youth of all degrees of susceptibility to alcohol, all shades of mental and emotional make-up, "problem children" and those whose problems are no more severe than others in ordinary living, are exposed to alcoholic satisfaction, learn to accept it and find release from "whatever ails them."

The distributors, therefore, of alcoholic desires, the "carriers" of alcoholic sickness to those of little or no resistance, are (1) drink customs, social drinkers, and the group approvals back of them; (2) the liquor-selling traffic, especially its excessive advertising to enlarge the number of drinkers and the frequency of their drinking. Thus, is spread among those who are susceptible, and, those who are able for a time to withstand its impact, the particular desire that, for many individuals in every generation, quickly or slowly becomes dominant even over the need for clothing, self-respect, food. The significant point, as Horton says, is "That there must be a social or cultural situation that provides the occasion and some degree of permission, before even the neurotic begins the process of becoming an alcoholic."

What the germ-laden air of a crowded street car, or the fly, or the mosquito, or contaminated water are to other infections, drinking customs, in analogy, are to alcoholism, and to the milder stages of intoxication that precede it.

In infantile paralysis, there is evidence that healthy "carriers," people who are not themselves sick, "play an important part in spreading the disease to which they are themselves resistant." So, in alcoholism, the initiation of the illness, may and often does, come from those who themselves resist excess and are proud of it, the influential, moderate drinkers.

For it is he—or she—the drinker of “distinction,” not the inebriate who catches the attention and suggests “the thing to do” to the beginner and the great mass of people who unconsciously but persistently follow fashion, prestige and accepted custom.

Public Health Education

The first and main factor in Preventive Health is enlightenment of the adult public to the seriousness, sources and spreading agencies of ill-health. In a democracy, the informed co-operation of many people is necessary. Preventive measures desired and restrictions that become necessary are often severe; sources must be detected; quarantine established and drastic control or removal of the agents that spread preventable disease must be secured in large enough measure to insure success and permanency.

In the public struggles against other great scourges, vast educational campaigns have occurred, year after year, for many years. In the movement against “polio,” malaria, tuberculosis, typhoid, cancer and its early detection, public educational programs are outstanding. Vast sums of money have been used—are increasingly used in research and in the service of publicity experts in pointing up and popularizing scientific information, through newspapers, magazines, pamphlets, radio, and public address.

Alcoholism is an illness, of such proportions that its 750,000 ultimate victims can be compared only with the 600,000 tuberculosis patients in this country and the 500,000 known cancer patients. To reduce it not less but more public education will be required—for much of the public laughs at the antics of the drunk, condones drunkenness, approves mild degrees of intoxication, ignores—wants to jail—the drunk, and supplies for profit unlimited quantities of the dangerous drug to all sorts, conditions and ages of drinkers.

Individuals and leaders in all groups of our national society, support efforts to reduce tuberculosis, cancer, syphilis and the lesser diseases. Yet few give attention, and fewer yet, positive support to efforts to rehabilitate the alcoholic, to prevent or reduce his sickness, to seek

and identify the sources of the total Problem of Alcohol. On the contrary, through tradition, ignorance, lack of vision, they support attitudes, practices and fashionable customs that constitute the distributing centers, the spreading agents of alcoholic disorders.

Since alcoholism is now recognized as a sickness—a scourge to public health—and the alcoholic as a sick man, a NEW APPROACH, powerful and dramatic, has been brought to all who seek to do constructive service. For the fact of the existence of 4,000,000 such seriously ill and degraded people, comes as a supreme challenge to utilize, widely and persistently, all the resources of modern Health and Sanitation—education, correction, restoration, quarantine and legislative action—all that experience with other great scourges has developed and tested.

For society, today, counting on a brain depressive drug as a means to release and pleasure, is itself sick. But rehabilitation may be expected by the route so dramatically tested for the individual by the A.A.'s *spiritual renewal and complete freedom from the drug Alcohol*.

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Alcoholic Culture

"As a matter of fact," said Joseph Colucci, saloon owner, New York City, "the average woman began to outdrink the average man in about 1947.

"Seventy-five per cent of my bar patrons are women. Most of them come from Radio City, just across the street. They include members of the ——— and other actresses, from the Hall, radio actresses, white collar girls . . . hard-drinking women advertising executives. . . . Before the war there were comparatively few women who visited bars unescorted." —*Calif. Voice*, Aug. 4, '49.

"But I Got Fooled"

Sydney, Australia, May 7.—If Petta, a liquor-loving Shetland pony had only stayed sober!

Petta turned up at the Sydney Royal Show judging ring with an obvious hangover and missed winning the first prize.

"Petta got rotten drunk on a couple of Scotches and gins I gave him the night before to stir up his appetite," says owner Ted Hickey. "But I got fooled. I thought he could hold his own; he's been drinking for 18 months, you know." —*Chicago Daily News*.

Psychopathology deals with emotions and feelings, and it is this area that is most affected by alcohol today. Nice people are running amuck by the use of alcohol.

—ROBERT V. SELIGER, M.D.,
Psychologist, Johns Hopkins Medical School.

Seeking Freedom From The Cult

CONSTRUCTIVE ACTIVITIES

Student Panel Discussion

Three students from Millsaps College, Jackson, Miss., early in October, engaged in a panel discussion of the Alcohol problem, at a Youth Fellowship meeting of 300 in that city. They showed, also, a film, "Alcohol and the Human Body," and followed this program with one to a larger group, October 24, in another part of the state, and similar engagements in November and December. These students were members of the class of 73 that studied the problem in a credit course by Dr. J. B. Price, Chemistry, last college year.

Applying Scientific Method

Men and women who have been inspired by the Yale School of Alcohol Studies to apply the scientific method to the study of alcoholism and the alcohol problem are beginning to call attention to the significance of incipient alcoholism. Millions of Americans who are not alcoholics are beginning to be recognized as "problem drinkers." The vast significance of their delinquency (frequently not realized by themselves), to the entire economic and social interest, is beginning to receive scientific appraisal.—Deets Pickett, *The Clip Sheet*, Washington, D. C.,

Testing Swedish Opinion

A recent Gallup Poll of a cross-section of the adult population in Sweden, asked:

"If after a dinner party you were asked to ride home with a driver whom you know drives well and who had consumed about 10 centiliters of alcohol (equivalent of 3-4 stiff highballs), would you then: (a) ride with him without worrying (b) worry, but ride with him anyway, or (c) refuse to ride with him?"

The answers were:

Ride with him without worry—21 per cent.

Worry, but ride anyway—21 per cent.

Refuse—54 per cent.

Don't know—4 per cent.

....

Challenges Liquor Prestige

It takes a new nation—as it does youth—to challenge an old tradition. That is what the Indian Embassy in Washington, did to officialdom at the recent visit of Prime Minister Nehru to the United States. Called "inconveivable" by news writers the official parties at the Embassy, were non-alcoholic. "This in Washington," says a representative of the *Chicago Daily News* "amounts to revolution." Instead of liquor, fruit juices and dates were served the guests.

Drinking also takes away one's individuality *to the extent that one becomes dependent on drinking* in order "to have a good time."

—Robert V. Seliger, M.D., Psychiatrist, Johns Hopkins University.

Social Drinkers

By J. Alvin Kugelmass

Peter A. a hard-working upholsterer, aged 33, was beside himself with joy on the day his wife gave birth to their first son. Peter got the day off, made the rounds to his relatives by taxi, waving a bottle and buying drinks for strangers, en route. When it was time for him to go to the hospital, you could not call him drunk, for as his steps were retraced it was found that he had bought his wife a filmy negligee, had gotten his shoes shined, had had his hair cut, and generally composed himself for a happy entrance at the hospital to greet his wife and new baby.

He stopped in at the corner florist and grandly ordered a huge bouquet, proffering a ten dollar bill. The florist, a reputable merchant, accidentally shortchanged him by ten cents. In a frantic moment Peter thrust his fist through the plate glass window, a feat almost impossible for a normal man, and died two hours later of his wounds, just a floor above the nursery of the hospital where his child was being cared for—the child whom he never saw.

Peter was not unhappy, and he was not even drunk, as an autopsy of his brain revealed; not as alcoholic percentages are measured for inebriation. The florist, a kindly man, was broken for weeks. "If only I had not made that mistake," he repeated over and over to the police. It was a normal mistake, that is made thousands of times daily, and so accepted by civilized persons. Here it was followed by tragedy. Peter, by the way, never drank except on holidays or on momentous occasions. You and I know scores of Peters. . . .

Every active newspaperman in the land has seen distinguished judges, industrialists, politicians, and philanthropists in one stage or another of inebriation. After a drink or so at a function, the most idiotic and depraved incidents are perpetrated by men who otherwise are grave, aware of presence and dignity, and so comport themselves.

A famous publisher tried to disrobe himself at a Washington

Condensed from "Social Drinkers III", National Temperance Digest, Nov. 1949.

J. Alvin Kugelmass, now a European Correspondent, is a former staff writer of The Washington, D. C., *Times Herald*.

club after just a few drinks. A nationally known judge cavorted and capered with a night club entertainer, wearing a lampshade on his head. A New York Supreme Court judge battled a hotel manager, three bellboys and four police officers after he had tried to set his room afire in a New Jersey resort. A week later, he returned and humbly apologized. "That's all right," said the manager indulgently. "You were just a little drunk."

The fact is that no person is immune to any action no matter how reprehensible, corrupt, and nightmarish, after ingesting even the smallest quantity of alcohol. . . . Breeding and rearing have no place in the pattern. The graduate of a famous eastern university and a scion of what may euphemistically be called a good family, has the predilection of swinging girls outside of windows by their heels, after a few drinks. Recently, he dropped one girl two stories to a terrace. She was severely injured. She might have been killed. A gentle, cultured, amiable, civilized man, too, who represents all that is supposed to be best in western civilization.

Here then are the seeds of an exquisite viciousness. A drink can call forth one of the many lurking personalities that dwell within you. No one is either good or wholly evil. . . . Not one of us that isn't capable of performing horrors. . . . This very night, if you get drunk, you may hurtle your car into a stranger, abuse your wife or husband, cripple your children, or drop a flower pot on the head of a friend as a lark. Does that make you a killer, a wife beater, a sadist, an irreverent person and a vicious prankster? It does.

And you can do all of that, and more, on just one drink. Not two. Not three, or four, or five. Just one drink.

"Have a drink?"

"No thanks! I don't like it!"

"Whadda y'mean, you don't like it?"

"Well, in 20 years of liking it, I lost 15 jobs, two good wives, got held up and robbed once, got in jail five times, spent \$250 for a 'cure,' lost hundreds and hundreds of dollars from time out from work with hang-overs—couldn't work—too sick, and a judge let me know through my present wife that the next drunk will get me six months straight time—no buying out. I just don't like it anymore. Some fun, wasn't it."

"Yeah, some fun. Give the guy a coke."—Walt K. in *St. Petersburg Grapevine*, organ of A.A.

Moral Responsibility In Alcoholic Sickness

A REVIEW OF "SIN OR SICKNESS"

REFERRING to recent public discussion—especially legal and religious—as to how far the medical designation of the alcoholic as a "sick man" may tend to relieve him from personal responsibility for the condition he is in, a writer in a recent number of *The Christian Century*,* J. Maurice Trimmer, has developed perhaps the most cogent reasoning that has appeared on this aspect of the new interpretation. His article deserves careful study by all who are concerned about basic factors, not only in the origin and motivation of the alcoholic, but also, in the much wider problems of continued moderate drinking.

There is a modern trend, in the opinion of this writer, to regard "human perversity as a medical rather than a moral problem," with the result that "we hear that those who violate recognized patterns and principles of behavior should have diagnosis rather than denunciation, treatment rather than punishment, cure rather than conversion." But, he says, "To insist that it is as irrational to stigmatize a person for gross offenses against right and decency as to stigmatize a patient for developing tuberculosis or cancer is pure sentimentalism."

Applying the principle to some schools of thought, that classify alcoholism wholly as a medical rather than a moral problem, he expresses their interpretation as follows:

"Excessive indulgence in intoxicants is a symptom rather than a source of basic disorders in personality. The moralistic doctrine that the chronic alcoholic is a

The Christian Century. Chicago, Ill.; October 26, 1949; "Sin or Sickness?" By J. Maurice Trimmer.

sinner and a criminal is medieval and unscientific. Those who are uncontrollably seduced by alcohol cannot be held responsible for the misfortunes they inflict upon themselves, their families and society. The trouble is not in the bottle, it is in the individual. Or it resides in certain structural ills of society, such as slums, broken homes, unemployment, maladjustments in jobs, racial conflicts, international tensions and war." This position, Dr. Trimmer believes, would remove all stigma from problem drinking and also completely absolve the liquor traffic from blame for the social and personal consequences of its operation.

Seeking to be realistic, the writer warns against confusion in the appearance of false dilemma; against any "either or" answer to the situation. A true analysis, he says, includes both medical and moral interpretations. Quoting:

Moral and Medical

"First, addiction to alcohol is both a medical and a moral problem. Neither the moral nor the medical approach is a sufficient solution in itself. Certainly the mere detention of drunks until they sober up is deplorably inadequate treatment of their condition. To confine problem drinkers in county jails, reformatories or houses of correction until the effects of intoxicants have worn off, without any constructive effort to accomplish their permanent rehabilitation, is a medieval practice. Such cases should be under the care, not only of the police authorities, but of the public health authorities as well. Unquestionably many of them should be sent to hospitals rather than to jails. A number of states, including Wisconsin, New Hampshire, Connecticut, New Jersey, Massachusetts and Virginia, have inaugurated enlightened programs for the treatment of compulsive drinkers. In general they substitute the hospital for the jail and place a major emphasis on medical rehabilitation.

"But alcoholic addiction is also a moral problem and should continue to be regarded as such. Addiction indicates that there are basic defects not only in the con-

stitution but also in the character of the addict. To insist that drunkenness is not a disgrace but a disease, and therefore to sentimentalize it and attempt to remove all reproach from it, is just as unscientific as going to the opposite extreme and declaring the drunk to be a criminal and a sinner who deserves only condemnation and punishment. Arbitrarily to remove the stigma from alcoholic excesses while continuing to keep it on numerous other practices which are legally and morally opprobrious would not only be gross inconsistency but rank injustice as well. Drunkenness is both a disease and a disgrace. It deserves to receive both treatment and punishment. The problem drinker requires the reformation of his character as well as the rehabilitation of his condition.

Science and Spirit

"Second, the solution of problem drinking demands both the scientific and spiritual approaches. Excessive indulgence in intoxicants is both a source of sickness and a symptom of it. The correct classification of the chronic alcoholic is a "sin-sick soul." Making due allowance for different categories of problem drinkers, and acknowledging that no single type of treatment will be effective in every case, it nevertheless remains profoundly true that the most effective cures are obtained when the influences of religion are combined with the techniques of medicine.

"That amazingly successful organization, Alcoholics Anonymous, recognizes this principle and utilizes it with highly beneficial results. For that reason the processes of rehabilitation it employs are generally considered to be medically sound by physicians and religiously wholesome by clergymen. The organization refers a large number of its cases to medical practitioners, especially in the initial stages of treatment. But it also invokes the assistance of the dynamic forces of religion to accomplish the permanent cure. It proceeds on the assumption that in alcoholic excesses there is a reciprocal relation between sin and sickness in cause and effect."

**CAN SOCIAL PRESSURE
RESTRAIN ALCOHOLIC DRINK?
\$500 IN PRIZES TO COLLEGE STUDENTS**

THE SOCIAL pressures which help to perpetuate the ivy-covered traditions of drink on American college campuses are familiar. You know about them from observation—perhaps from experience. Maybe you took part in the Editorial Contest of the Intercollegiate Association on "Social Pressure and Campus Drinking" last year.

But knowing the problem, or describing it, is only a start. It is more important to know the answer.

You know the answer.

You know how the social pressures, which now encourage an alcoholic way of life, can be turned to encourage the normal, wholesome non-alcoholic way.

You know how campus social leaders can swing the crowd from good times based on drug action to good times through wholesome entertainment and recreation.

You know the answer because it is you and your fellow-students who set the standards and decide which leaders to follow. Your ideas are part of the solution.

So write an editorial on "Social Pressure Against Alcohol." YOU may win a first prize of \$200, or one of the \$50 or \$10 prizes; thirteen are offered.

Your answer should be simple and straight-forward—written in punchy editorial language in 500 to 800 words.

Some technical knowledge is necessary, of course, but the essential thing is an original central idea. YOU supply the idea.

—Write clearly. Expression of one clear-cut idea is more desirable than complicated exposition.

—Write from your own experience. Even professional writers are at their best when they stick close to home.

—Make use of expert opinions and be sure of your basic facts (consult professors, librarian and contest bibliography). Use the information to draw your own conclusions.

—Write Edwin H. Maynard, Contest Secretary, for application form.

Address, Box 3342, Merchandise Mart Sta.,
Chicago 54, Ill.

THE
INTERNATIONAL

RUARY,
1950

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

Students of Sweden Lead
Alcohol-free Culture

Intercollegiate School of
Alcohol Studies, 1950

College Editorial Contests Become
Permanent

Racialism and Alcoholism
Progress Being Made

Only Degrading Drug Advertised

OTTERBEIN COLLEGE, WESTERVILLE, OHIO.
A CAMPUS VIEW—See page 103.



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THE INTERNATIONAL STUDENT

February, 1950

Vol. 47, No. 4

HARRY S. WARNER, *Editor*

Council and Representatives: Stanley F. Knock, Jr., Yale Divinity School, New Haven, Conn.; Samuel Campbell (Univ. of Toronto), Toronto, Can.; Roger S. Haddon (Bucknell), Phila., Pa.; Adolfs Silde (Univ. of Riga), Marburg, Germany; Bo Nilsson, Karolinski Institute, Stockholm, Sweden; Henry C. Jacobs (Hope College), Grand Rapids, Mich. *Contest Secretary,* Edwin H. Maynard, Chicago, Ill.

PURPOSES of THE INTERCOLLEGIATE ASSOCIATION and of THE INTERNATIONAL STUDENT

TO PROMOTE STUDY and discussion of the problem of alcohol in modern society, to encourage colleges and universities to take leadership in such activities, and to enlist students, faculty members and alumni for constructive service toward solution of the problem.—From the **Constitution**.

FORM FOR BEQUEST

To the Permanent Educational Work of the Association among the colleges and students of the United States—

“I give and bequeath to The Intercollegiate Association for Study of the Alcohol Problem, the sum of \$.....”

The Association is incorporated as a nonprofit corporation in the District of Columbia, Washington, D.C. The office of the Association is at 12 N. Third St., Room 522, Columbus 15, Ohio.

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Students of Sweden

Lead Alcohol-Free Culture

By BO NILSSON, Stockholm

IN A RECENT issue of *The International Student*¹ there is an article about the movement of nondrinking students and their activities in the higher schools and colleges of Sweden. The activities there detailed have been continued and enlarged during the past year—the year ending June, 1949—marking it as the fifty-third of continuous educational service and leadership by succeeding generations of “Studying Youth” toward freeing their country from the burdens of alcohol and alcoholism.

For S.S.U.H., Sveriges Studeranda Ungdoms Helykterhets-forbund, now totaling 6,240 members is composed entirely of students and their immediate leaders in the high schools, gymnasiums, colleges and universities of Sweden.²

In this article, I give only a brief review of the past year, since our program is well-established, and follow it with a second report of the discus-



Bo Nilsson

Bo Nilsson, a student of Medicine at The Karolinska Institute, Stockholm, is correspondent for Sweden of THE INTERNATIONAL STUDENT. During his gymnasium and university years, and as a medical student, he has been an active leader in S.S.U.H., the student-abstinence movement of Sweden. In 1947 he visited the United States and attended the School of Alcohol Studies at Yale University.

1. See “Swedish Student Movement Seeks Freedom,” *INTERNATIONAL STUDENT*, Feb. 1949.

2. In the United States, similar activities are shared by two cooperating movements on account of the vastly greater student population—the Allied Youth in the high schools and the Intercollegiate Association in the colleges.

sion that has arisen throughout Sweden and in the higher schools, about what would happen in the anti-liquor movement if the medical men of the country had the means necessary to cure all of the alcoholics in Sweden.

I Student Activities

In many schools there are discussion groups, or study circles, in which students work together to prepare for an examination that is held each spring by the directors of study in the National Office in Stockholm. Those who work in this headquarters are young people, from the local societies, as are those who work out among the schools. In these "annual contests in knowledge," in which a scientific understanding of the alcohol problem is one subject, together with other social and economic problems of particular interest to students, there were in 1948, 20,000 participants. The number in 1949, increased by a few hundred—an approach to the possible limit. Many start in these courses each year, but as elsewhere, fail to continue to the end on account of the pressure of regular school work and the number of evenings required by these small groups who discuss many problems relating to social economics, preventive medicine, how to make a speech, and other topics which each student, to a certain degree, selects for himself.

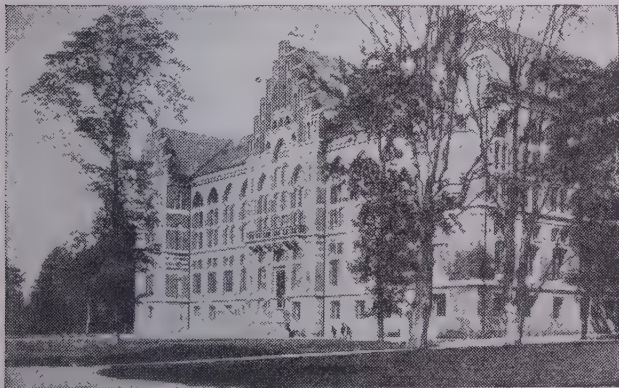
This past year the special work and examination on the Alcohol problem, prepared by S.S.U.H., gained greater attention. Anyhow, 101 students entered the examination in April on social problems with special regard to the alcohol problem, 93 with success. Of these, 6 received the highest possible mark. It is significant of the study offered by S.S.U.H., and its contacts and influence outside its membership, that 24 of the participants in the final examination were not members of the organization.

In the gymnasiums, or high schools, of Sweden, the final examination before graduation hangs for the last two years like a Damoclean sword over the students. To graduate is the only—but necessary—qualification for entrance to studies at the universities; also for admittance to various official positions. Only about 6% of the

youth, mostly from the upper classes, study at the gymnasiums. All of this makes graduation very desirable, as well as difficult. When completed, there is much celebration, in which, by long tradition, alcohol has had a very important role. Sometimes only wine is used in these good-luck-wishing and congratulating events; but it is very common, unfortunately, for the graduate and his fellows to get dead-drunk on the celebration nights. And this is repeated in parties held during the following weeks. So heavy is the pressure of this tradition, that many students, who have been faithful members of S.S.U.H. during their school years, lose out on that night after their graduation.

Natural Non-Alcoholic Joy

To meet this situation, in recent years, S.S.U.H. has conducted a special campaign on behalf of **unadulterated joy** at graduation. At first, this was done mainly by mail and personal contact with those who were about to graduate. But this past year, S.S.U.H. succeeded in having this question discussed in the leading newspapers. Some of them turned down the idea of alcohol-free graduation parties as a threat against the ancient tradition of



University of Lund, Lund, Sweden

alcohol, "the genuine joy that has always been a remarkable feature in these parties." Most of the other papers, however, even if somewhat hesitant toward accepting such an extraordinarily daring proposition as entirely to remove alcohol from these parties, have admitted that present conditions are not good, that consequently there ought to be a change toward sobriety.

We believe that this public discussion, in the long run and if we play our cards with skill, will help to reduce the role that these parties have had in initiating and accelerating drinking among our future leaders of society.

Reducing Traffic Accidents

In another public educational campaign this year, S.S.U.H. has shared with the entire Swedish temperance movement, of which it is a small part. The purpose of this propaganda was to reduce the number of traffic accidents caused by alcohol; its slogan, "No Liquor at the Wheel." The arguments of this campaign have been encountered everywhere: on the radio, in the mail-box, on the bulletin-boards and, above all, in the press, which, for the first time has been entirely and enthusiastically on the dry side. The direct results in decrease in number and severity of traffic accidents, have not yet been published; preliminary estimates are very good. If people have diminished their drinking or if they do more of their drinking when they know they are not going to drive, it is not yet known, or just how the results have been brought about. But according to the police, people do not drive while under the influence of drink as much as before. You see also an increasing number of autos left at drinking places, from which owners have gone home in taxis. This campaign is looked upon as an interesting experiment. If it is possible to repress the use of alcoholic beverages in such situations, where it can be shown to do more harm than usual, if the experiment is a definite success, it will add new methods of temperance work to those already tried.

(Continued on page 107)

Intercollegiate School of Alcohol Studies

REALISTICALLY facing one of the most serious problems that confront younger people in their thinking and decisions these fast-moving days, announcement is being made of a School for College Students and their fellows, to consider Alcoholism and the Alcohol Problem—as it concerns students, the campus and their future fields of leadership.

It is the Intercollegiate School of Alcohol Studies, at Otterbein College, Westerville, Ohio, most centrally located, August 27 - Sept. 2, 1950. Never before has a school of such basic planning been undertaken on this problem by or for thinking young people of college level.

The recent killing of two college students at midwest universities, months after this school was planned, both by fellow-students who were intoxicated at social functions, has focused attention on the problem anew, in college communities and society at large. College administrators, teachers and leading students alike—as well as the public—have been given a new sense of concern and responsibility to face it frankly in the light of modern scientific understanding.

What better answer can be made, or trend for the future, discovered, than for students, faculty members and secretaries giving their time to student interests, to SPEND A WEEK TOGETHER, working out together, "What About It?" "What Shall We Do?"?

As a foundation for discussion, some of the best authorities and keenest thinkers on this problem in America will give scientific and educational information in daily lectures, as follows:

"The Basic Information: Psychological Effects"

"Basic Information: Motivation"

"What Medical Science Has Learned About the Effects of Ethyl Alcohol on Man"

"The Public Health Aspects of Alcoholism as a Preventable Disease"

"The Modern Approach in Education"

"Spiritual Recovery of Alcoholic Persons"

"College Rules and Social Control"

"Abstinence vs. Moderation as Ethical Principles"

Every afternoon there will be Workshops, or continued discussion-groups, with high experts as resource persons and experienced intercollegiate leaders, two or three for undergraduates, one or two for faculty members and college-group leaders, with such subject divisions as the following:

"Students and the Situation Today"

"Counseling Problems in College"

"Higher Educational Leadership Toward Solution"

"Social Pressure: For and Against"

"Possible Activities: Constructive and Educational"

Three hours daily, are given to recreation, music, folk-dancing and games, with a highly-equipped recreation leader to initiate and insure abundant play and amusement. One night-session is reserved for a Student Panel discussion by the students attending.

Among the speakers already engaged are Dr. Haven Emerson, former Health Commissioner of the City of New York; Dr. Albion Roy King, Head of the Department of Philosophy, Cornell College; Dr. Lawrence E. Vredevoe, Department of Education, University of Michigan; Howard E. Hamlin, Supervisor, Health and Narcotics, Ohio State Board of Education.

College students, local and intercollegiate group leaders, faculty members, counselors and others directly connected with college life, are invited to attend and share in developing education on this problem as related to life today.

The expenses are very moderate: Registration, Room and Meals, \$25.00 for the week. It is anticipated that a number of scholarships will be available to qualified students. For information, write: Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio.

College Student Editorial Series Becomes Permanent

THE UNIQUE NEW series of Editorial Writing Contests on the Alcohol Problem, now open to college students through The Intercollegiate Association, after three years of successful experience, has been made permanent by the generous interest of a former Intercollegiate Secretary of the Association, Mr. Logan H. Roberts, Attorney, of the state of Washington.



Logan Hall Roberts

Requiring advance study of the best educational and scientific information on the problem available, and simple, straightforward writing in punchy editorial language, as necessary to high honors, these \$500.00 cash prize-contests have been growing steadily in interest among the colleges in the past three and this current year. Successive themes have been the following:

1947 "Outgrowing Alcoholic Culture"

1948 "Applying Preventive Medicine to Alcoholism"

1949 "Social Pressure and Campus Drinking"

1950 "Social Pressure Against Alcohol"

Now well-tested in successive years and with the future assured by the creation of an interest-producing fund that provides annual prizes, administrative expenses and early enlargement in the spread or amount of prizes, the Logan H. Roberts Contests become a regular feature of the program of The Intercollegiate Association for Study of the Alcohol Problem. All undergraduate students, regularly enrolled in any of the colleges or universities of the United States and Canada, who are not professional writers, are eligible to participate. A moderate amount of dependable scientific and educational material of recent publication, bibliographies and current information are made available under this plan to student writers

and to faculty members and other college leaders who encourage writing on the problem in their classes and groups, in addition to all resources that may be available for study and research in local college libraries.

Under the management of Edwin H. Maynard of Chicago, Contest Secretary, a recent graduate and now on the staff of a great religious weekly, the popularity of these new-style contests and the quality of the papers submitted have been growing steadily. More students, more faculty members and student counselors and more departments in colleges have been participating each year. Reports of the students winning and their papers, sent out in bulletins and news releases, are appearing with increasing frequency in college publications, religious publications and newspapers in the United States and Canada. Exchanges from as far as Australia have carried these expressions of students writing within the past year.

In addition, THE INTERNATIONAL STUDENT gives one issue each year wholly to the student writers who won high places in the contest of the preceding year. Thus, the thinking and writing of one year is passed on to all the colleges, to many student leaders and to thousands of high schools, in a special issue as soon as publication permits after the close of an annual contest.

Mr. Logan H. Roberts, founder of the contest fund, was himself a college editor when a student at Nebraska Wesleyan. After graduation and with a Master's and a Law degree from New York University, he was, for two years, an Intercollegiate secretary in behalf of the anti-liquor movement of those years, organizing study groups, promoting discussion, arranging public speaking contests and deputation teams and encouraging faculty members to lead in education on the problem among their students. His field was the colleges of the Central West—Wisconsin to Colorado. Even as a young secretary, he was interested in having student educational activities on the Alcohol problem built on a long-time basis with adequate financial support, securing, as he did, the first contribution of \$1,000.00 that came to the Association.

It is with deep personal interest that this writer recalls

his first arrival at Nebraska Wesleyan—a year after Logan H. Roberts had been graduated. He found at Wesleyan the warmest welcome and best organized student group—perhaps forty members—and the best cooperation experienced in any college in his first tour of four months among the colleges of nine states. The student work of Logan H. Roberts, in college as a student and as a secretary later, has now been perpetuated as a result of his successful legal and business life service, into lasting service for the College Movement toward Solving the Problems of Alcohol and Alcoholism.—Ed.

STUDENTS OF SWEDEN LEAD

(Continued from page 102)

Annual Conference

Regarding the strictly student work it may be added that the annual summer conference, this year, in a middle-sized town, was perfectly organized by the students in the local society and their district officers. They obtained much publicity in the local papers, with a daily first-page headline regarding the conference which lasted four days. The discussions were lively, sometimes hot.

It was at this conference that S.S.U.H. was reported to have grown in membership to 6,240, an addition of 488 in the year. At the annual "Study Course" or Institute, in January 1950, where more serious and systematic instruction occurs for leaders of the movement and those who share in instruction in the schools, the most prominent speakers this year will be the Prime Minister of Sweden and the leader of the largest opposition party, in addition to men of highest scientific standing.

II

Discussion Regarding Medical Service

In 1945 two Danish scientists happened to observe that a substance, later called antabus, Tetraethylthiuramdisulfid, taken by mouth resulted in making subsequent use of alcohol, even in small amounts, very unpleasant. It caused increase of pulse rate, headache, nausea, vomit-

ing and a general feeling of illness. It turned out that these symptoms depended on the effect of antabus on the oxidation of alcohol in the body. This was stopped at the stage of acetaldehyde, thus giving an unusually high concentration of this matter, sufficient to give the above symptoms.

Since December 1947 antabus has been tried in Denmark and since October 1948 in Sweden as a means of fighting alcoholism.

Alcoholics, treated in hospitals, have received antabus as part of the total treatment; given by internists and psychiatrists it has hitherto been shown to increase the efficiency of the treatment considerably. However, antabus has been used mainly in ambulatory treatment of alcoholics. It must be taken once a day and the patient himself of course cannot take the responsibility for this being done. He chooses, in co-operation with his doctor at the clinic, a "sponsor," who sees to it that the patient takes his daily dose. For many years past every severe alcoholic in Sweden has had to keep in continuous contact with a certain social-worker who tries to help him in every possible respect, also to judge when he needs treatment in a sanitarium. When no other suitable sponsor can be found, this social-worker is the last refuge. But usually a responsible person, who has a personal interest in the patient's staying sober, such as his father, his wife or his employer, acts as sponsor. Sometimes Swedish A.A.'s or teetotallers have been sponsors, and with very good results. These many examples have been given because it is all-important to the results of the new treatment to choose the proper person for sponsorship.

The use of antabus in the ambulatory treatment is of course combined with the hitherto used methods, such as psychotherapy, more superficially working attempts to reduce the patient's social maladjustment, financial help to the family and so on. It supports the patient in his own struggle to stay sober; if he starts drinking he usually stops it immediately; the effects are too distressing. Even if the patient does not want to be cured and tries to "drink himself through" the period of

antabus treatment, he usually has to give up, whereupon the mental disorders underlying his alcoholism can be treated easier and with a much higher chance of success. It has been shown to be easier for the physician to select the patient's needing psychiatric treatment when these patients couldn't use alcohol.

This method of treatment has been operating too short a time to permit definite conclusions. Figures available for a few hundred alcoholics, ambulatory treated according to the above scheme, the observation-period being only five months, show that more than half of the patients drank once or twice and THEN STAYED SOBER.

When the news of antabus and the way it works was published, one of our largest papers asserted that the sanitariums could be closed and that the temperance movement was unnecessary for the future; now that alcoholics could be cured, it was unfair to try to prevent alcoholism by making people total abstainers, thereby withdrawing much joy from persons who would never become problem drinkers.

Of course, both of these statements were based on an overestimate of the power of antabus. There is still need for at least all the places available in Swedish sanitariums. The other proposition might be turned down as easily. But as the trend is toward a more rationalistic and efficient treatment of alcoholics there has been quite an interest in discussion of this question. Even if the Utopia, where every alcoholic is cured, never will be reached, the function of the temperance movement will acquire increasing significance as the methods of treatment improve.

There is general agreement that the more efficient the treatment grows the less necessary the prevention. The reverse, also, holds true. We still have to work in both ways. Furthermore, even if this particular consequence of alcohol could be dealt with successfully, there would yet remain the deleterious effects of moderate drinking. Drunken drivers would continue to kill and injure others and themselves just because they had been drinking. Here are often pointed out the results of a

brilliantly-planned investigation, recently made by Dr. Goldberg and his co-workers in the Pharmacological Department, Karolinska Institute, Stockholm. Goldberg showed that the ability to drive a car began to be impaired at a blood concentration as low as 0.035—1.04 per cent. This ability was decreased by 25—30 per cent at a blood alcohol level of 0.04—0.06 per cent.

Even if all alcoholics were cured, people under the influence of a little alcohol would still subject themselves to venereal diseases and the frequency of occurrence would be high, which means an increase in human despair and trouble.

There are other injurious consequences of moderate drinking as certain as these but less important and others as important but not as certainly attributable to drinking, partly because the problems are so difficult to clarify: e.g., the effect on the economy of the world and the nation. Most of them have been pointed to as reasons for total abstinence. The opposition to the temperance movement may say that it is possible, by education and propaganda, to repress the use of alcoholic beverages in those situations where it is especially dangerous so that moderate consumption on other occasions could be left in peace. To this the reply has been that these methods are not effective enough even if they are useful. Anyhow, the only campaigns of that kind, hitherto undertaken, were initiated by the temperance movement. Doubts arise that such campaigns would ever be brought about if a temperance movement did not exist. Certainly many members of the Swedish temperance movement do not care much about the validity of the ideological reasons for joining a temperance organization. They quite simply don't like to get even a little drunk; they want to meet people of the same opinion, thus forming groups where nobody has either to feel he is an outsider or to drink.

Also, it has been shown sociologically, that within the abstinence groups, interest in literature, music, social problems and so on is higher than it is among drinking groups. No one can say whether this is because persons predisposed to cultural interests more often become abstainers or because they have more time left for cultur-

al activities or because they are educated within the temperance movement, in which more stress is laid upon a great variety of interests that make life more vital and interesting than in drinking groups.

This is a brief summary of arguments I have met in the current Swedish discussion in this field.

To many readers of *The International Student* I believe it will give aid and relief in their thinking to see that people in other parts of the world than their own cudgel their brains with questions like these.

Moderate Drinking is the Problem Says Industrialist

OUR PLANT is a model of efficiency, safety and pleasant working conditions, as far as we have been able to make it. It is fireproof, not only are our machines as safe as can be devised, but safety first is enforced in every way we can. Our wages are evidently satisfactory, for we have had no trouble for twelve years.

We have done everything we can to make our employees not only happy but economically prosperous, and their support has been uniformly good in every way except one. We are completely surrounded on three sides by taverns that in daily practice tend to break down most of the good we are trying to do.

There are twenty-four taverns on the three streets sides of the plant. The fourth side is bounded by railroad tracks, and across those tracks, on both sides of the street, are twelve more taverns.

Our problem is not primarily with the alcoholic. It is true that we have lost the services of several highly skilled precision workers because of excessive drinking. But our problem is primarily with what is ordinarily called the moderate drinker. His absenteeisms help cancel the efficiency record we seek to maintain, and in the long run reduce both our profits and the wages we can pay. Our safety engineer believes that nearly 90% of our preventable accidents are due to the moderate drinker.

—*The Foundation Says*, Chicago, Ill., Aug.—Sept. 1949

Racialism and Alcohol - - Twin Dangers

By A. R. HOWARD and C. H. DUBRA

RACIALISM AND ALCOHOLISM are listed as two conspicuous sources of danger to our Western Civilization by A. J. Toynbee in his recent book, **Civilization on Trial. He says:**

Racialism is imposed upon us without our consent and over our vigorous protest, but alcoholism is invited, accepted, and in many instances approved.

A cross-section inquiry to some of the outstanding leaders of our race group, recently, brought answers as follows:

1. "Do you think liquor is handicapping our racial group?"

The answers from our college presidents, bishops and others of metropolitan areas were an unequivocal "Yes." President J. P. Brawley of Clark College, said: "Liquor is handicapping our racial group especially from an economic standpoint . . . Too much of the money earned is spent for alcoholic beverages." Many will spend their money for liquor when their families suffer for the necessities of life.

"I know of one liquor store in my neighborhood," writes a Chicago pastor, "one among the thirty stores and taverns within a radius of six blocks, which has a weekly income of around \$7,000.00."

2. "Do you think our educated and better financed groups are condemning the use of beverage alcohol?"

Condensed from the "The Negro and the Liquor Problem," *The Voice*, Washington, D. C., Oct. 1949. Dr. A. R. Howard, a Member of the First Yale School of Alcohol Studies, is Educational Director for Negroes of the Methodist Board of Temperance. Mr. Dubra is his newly-appointed Associate. They conduct conferences and institutes and speak on the Alcohol Problem in colleges and schools throughout the United States.

The opinions were almost unanimous that they are not. In the words of President J. S. Scott, Wiley University, "On the whole, our educated and better financed groups are not condemning the use of liquor; on the contrary, many of them encourage the use by example."

Our own experience bears out this statement. Dr. Howard has spoken in almost every city of any size from Boston to Los Angeles; encouragement has come from the young people, and a few devout church members. Only in colleges, high schools and annual conferences do we get a hearing by our educated and financially comfortable groups. So many of our people feel that there is no harm in moderate drinking. They seem not to realize that every drunkard was once a moderate drinker.

3. "Do we have many total abstainers among our groups?"

All agree that we have many—but they are far too few.

Opinion on this question is greatly divided. Dr. David D. Jones, President of Bennett College for Women, says, "I do not think there is any appreciable drinking among students—certainly not at Bennett." Bishop J. W. E. Bowen, answers, "My observation is that drinking among students is widespread and steadily increasing. It seems to be a social fad among students." President L. M. McCoy, Rust College, says, "More students are drinking since World War II than previously." President Seabrook, Claflin, says, "The drinking is mostly among veterans and is attributed to army experiences." Other opinions are that "there is considerable drinking in our state-supported schools," and that the increase is due to the "easy accessibility of alcoholic drinks in taverns, drug stores and other places."

Drinking has really become a social fad and some young people who do not like liquor, drink to save themselves ridicule from their friends.

The situation is not as discouraging as it may appear. Yet, there is hope. I place emphasis on that little word "yet." It has a grip.

Any custom to survive must have been approved by

society and must serve some need of that society. The custom of drink is a very, very old one; users have rather liked the peculiar sensations derived from alcoholic beverages. They have found in drink a form of release that momentarily causes one to forget his worries.

It will take a long time to re-educate the masses and prove to them that alcohol does not serve any need of humanity; that the release from worries and tensions that may result from its use, is only temporary; that it very often increases those worries and tensions; that the only sure relief is to be found in religion.

The hope in our group is among the young people. Progress is being made. Through colleges, secondary and elementary schools, institutes and conferences, we have more than a million young people who have declared their purpose to abstain from strong drink. At Morristown College, Tenn., there is a group of seventy-five who, after a week of instruction made this declaration. This happened in June this past year.

We have been holding one-day institutes by districts, building programs of intensive training, yet flexible enough to give young people an opportunity for questions and self-expression. We had twenty-one of these institutes in seven states this year.

The problem among Negroes is no less and no more critical than it is among any other group. He uses liquor and pays an awful price for it in health, poverty, crime, disease and moral decay. The practice is indulged in by every stratum of Negro life—high as well as low, the well-to-do as well as the poorer classes, the educated and the uneducated, the professional, artisans and common workers alike.

From a social standpoint, he cannot afford it. His very status in America makes it imperative that he be in possession of his powers and facilities at all times.

Alcohol is the Negro's worst enemy.

A bar in a New Jersey town, a few days before Christmas, displayed this sign: "This taproom will be closed at 9 p.m., Christmas Eve—go home and give your children a break."

Progress is Being Made

Through New Understanding

SLOWLY A NEW consciousness of the problem of alcohol is coming to the American people.

The curtain of "Hush! Hush!" which hid from popular realization the character of alcoholism has been torn away by scientific understanding.

Alcoholism is now recognized as the "fourth public-health problem" confronting the people of the United States. Scientists have made us aware that "no human being can be regarded as immune to addiction," * that "60% of the inebriate population come to alcoholism from entirely normal origin and only in the course of drink." **

Alcoholics are being made, today, much faster than they are being cured. Prevention is coming to be a fact in any remedial program; indeed, preventive measures often make curative treatment unnecessary. Increasing recognition of this fact is progress.

Drunkenness as distinct from alcoholism is beginning--just beginning--to receive attention as a vast problem of public administration. From 50% to 60% of all police effort is exerted in the attempt to control public drunkenness and drink-caused disorder. Police and court officials are saying this and their voices are being heard. **This is Progress.**

The daily toll of violent crimes, of cruelty and deprivation, of child abuse and youthful disaster, of broken homes and community confusion, is being faithfully recorded by the American press. Men and women with a sense of public responsibility are beginning to see this

Condensed from *The Clip Sheet*, Washington, D. C.

* Dr. Robert Fleming, Harvard Medical School.

** Dr. E. M. Jellinek, Yale University.

mass of crime and distress as a national situation, rather than as a series of unrelated incidents.

The study and report of the Special Commission to investigate the Problem of Drunkenness in Massachusetts, revealing that the cost of the alcohol custom to the citizens of that State is from seven to eight times as great as the revenue received from the traffic, has established that there is and can be no net profit to Government, state or national, through liquor revenue.

Essential to any program of sound economy today is a reduction to the absolute minimum of the direct and consequential cost of the liquor custom and the liquor traffic, and for these reasons, that:

1. The consequences of liquor consumption have a direct relationship to the amount of liquor consumed;

2. The amount of liquor consumed has a direct relationship to the facilities for production, promotion and distribution.

The central nervous system is directly affected by alcohol.

The feeling of stimulation from alcohol occurs because of the release of inhibitions and the submersion of anxieties.

Alcohol depresses the higher brain centers which control voluntary behavior.

Alcohol affects the latest learned or more complicated skills first and to a greater degree.

Judgement is one of the first functions to be affected by the use of alcohol, and with increasing amounts the impairment becomes greater.

Alcohol impairs the discrimination, caution, timing and coordination so necessary in modern society.

Alcohol gives a false sense of security in a complex situation because it distorts time perspective and gives the illusion of superiority.

Alcohol increases suspicions; it provides a temporary retreat from the world of reality; it allows a greater expression of immaturity, cynicism, aggressiveness, egotism and self-pity.

Moderate amounts of alcohol have a measurable effect on speed of reactions, discrimination of sensory perceptions and degree of muscular control.

Alcohol does not "cure" inferiority feelings, but through a lowering of judgment it gives shy people a temporary illusion of superiority.

The Only Degrading Drug Now Being Advertised

SAID DR. ANDREW C. IVY,

Vice President of the University of Illinois, in charge of the Chicago Professional Colleges of the University and the Department of Clinical Science. The statement occurred in a telegram to Washington, January 12, 1950, in which is included the following information:

WE KNOW that alcohol is a narcotic drug which makes drunkards out of one of every 15 or 20 social drinkers.

We know that there are now about 1 million alcohol addicts and 3 million excessive users of alcoholic beverages in our country.

We know that the only difference between morphine on the one hand and alcohol on the other is that alcohol is less habit-forming than morphine.

We know that the barbiturates are habit-forming and that there are more alcoholic addicts than barbiturate addicts.

We know that about 70 per cent of drunkards started to drink during their teen age.

We know that we do not advertise morphine, marijuana and barbiturates or any other habit-forming and physically and mentally degrading narcotic except alcohol.

It is difficult to acknowledge the rationality of a society which would allow advertisements to increase the use of a beverage which makes physically and mentally deteriorated slaves out of one in 20 of the users of the beverage.

I can only believe, therefore, that our people are seduced by advertising and propaganda to spend almost \$9,000,000,000 a year on alcohol to impair the brain and put it to sleep, and only \$3,000,000,000 a year to educate and awaken the brain.

We know that the consumption of alcoholic beverages

is the cause of at least 20 per cent of automobile accidents.

This means that alcoholic intoxication resulted in the injury of more people during the years of the war than were injured in all of our armed forces during the years of the war.

It is generally acknowledged that alcohol consumption increases divorces, venereal disease, illegitimate births, sexual promiscuity, vice and crime in general, poverty, the mortality from many diseases, and other forms of human misery.

First Effect is Deceptive

THE REAL danger which accompanies the use of alcohol is the depressing effect upon that part of our central nervous system which controls our thinking, especially our ability to think and judge quickly, clearly and justly.

While the effects of the drug on the human brain have probably not changed in the last few generations, the conditions surrounding us in this mechanized age are so different today that new problems are facing us.

Scientists, both here and abroad, who have carried on well-controlled and generally accepted experiments, observed that subjects while under the influence of even small quantities of alcohol invariably 'felt' that they were performing unusually well or at least quite normally, even when the results were decidedly below normal. It appears that the first effect of alcohol is to deceive the drinker and by making him less careful put him off his guard.

Its (beverage alcohol) effect in all concentrations is always that of a depressant narcotic drug. In short, alcohol is 'dope.'—Robert E. Corradini, Narcotics Research Information.

Drinking usually leads to more drinking.

More drinking usually leads straight into trouble that could have been avoided.—Dr. Robert V. Seliger, Johns Hopkins University.

College Regulations

Regarding Fraternity Drinking

THE EXTENT of official college restrictions against alcoholic drink in college fraternity houses is suggested by the results of a survey recently made by the Executive Secretary of Theta Chi Fraternity, George W. Chapman.

In answer to a questionnaire sent to the ninety colleges in which Theta Chi has local chapters, college presidents or deans of eighty-one replied, expressing the attitude and regulations of the colleges, as follows:

To the first question, "Is Beer Permitted in Fraternity Houses?", 75% answered Never, 19% Anytime; and seven gave modified answers such as "with special permission," "at parties," "not at mixed parties," or did not answer.

To the second question, "Is Liquor Permitted in Fraternity Houses?", 78% answered Never, 13% Anytime; eight colleges gave modified answers, such as "with special permission," "at parties," "not at mixed parties" or no answer.

To the third question, "Are Bars Permitted in Fraternity Houses?" the answers were almost 4 to 1 against liquor; 78% No, 22% Yes, one, no answer. This answer may seem to indicate that at 30 per cent of the institutions fraternity houses can have a bar, but the author of the survey is of the opinion that not more than half of the chapters in these colleges actually have bars.

To the fourth question, "Is Drinking by Students Outside Fraternity Houses Condoned or Permitted?", the answers were, 36% Never, 61% Anytime; two colleges said "At parties," and one did not answer. "Many admitted," said Mr. Chapman, "that while they neither condoned nor permitted drinking outside Fraternity Houses they knew it went on."

To the fifth question, "Are Alcoholic Beverages ever Indulged in at College or University Functions?", 30% answered Yes, 69% No, and one did not answer.

The Author of the Inquiry, Comments:

The replies to this question were a little startling when compared to questions one and two above. While only 18% of the institutions answering allowed beer drinking in fraternity houses and only 13% permitted students to drink liquor, 30% of the institutions reporting permitted alcoholic beverages to be served at their own functions. Admittedly, they had little control over some of these functions (such as Alumni gatherings) and it still seems that the apparent policy of "Do as I say, not as I do" is in force to some extent. This, we believe, cannot be applied successfully to the college student of today. The replies to this question were often modified, or apologized for by such notes as "But we do not officially approve," "Not on college property," "Beer, yes; liquor, no." "Never permitted but used unofficially." "We have our problems, too." "Alumni are our greatest problem." We appreciate the apparent honesty with which this question was answered.

Drinking Drivers

From Motorland

ALCOHOL, sometimes in small amounts, gives a driver a mistaken confidence in himself, making him think he can judge distances, speed and changing traffic patterns better than usual.

The safest rule is: If you have been drinking, don't drive; and if you are driving, don't drink.

Add to this the warning of the Better Vision Institute that **EVEN ONE DRINK WILL DECREASE THE QUICKNESS OF A DRIVER'S EYE MOVEMENTS BY NEARLY 10 PER CENT.**

(Continued on page 123)

"Alcohol and Social Responsibility"

By Raymond G. McCarthy
and Edgar M. Douglass

A PRELIMINARY REVIEW

TO THE TITLE of this comprehensive new book, just published, there is added a sub-title, "A New Educational Approach"—and that is just what the book contains.

It is an all-over survey of factual material relating to the educational aspects of the problems of Alcoholism and Alcohol; a survey of the "Approaches" that have been made in the past and those that may be made in the future; of the changing conditions to be taken into account; of the background of the total problem of alcohol in society. And all of this is brought to focus on the educational processes of today through which new advance in school and public education may be expected in the future.

Taking recent educational thinking and processes as basic, since the book seems to be designed mainly for school officials and teachers, McCarthy and Douglass indicate some of the fundamental interests and material that may be used; but more particularly and more fully, they discuss the processes by which in schools both teaching and learning regarding Alcohol and its influence and consequences in social and personal living, may result, not only in the acquisition of knowledge, but also in gradual changes in the attitudes of students, the community in which they live, and in society in general.

The book, as this reviewer sees it, is a condensed handbook of present information for study, reference and guidance of school officials and teachers. To this end it presents, in Part I, "The Basic Principles and Facts," under headings such as "The Historical Background of Drinking"; "Forms of Social Control of Intemperance" undertaken in the past; the "Relation of Alcohol to

Society," including patterns and attitudes found in society; and the main scientific information regarding "The Individual and Alcohol: Physiological" and "Psychological Factors."

This background information is followed in Part II by "An Approach Through Education," the new and most significant part of the book. Here the chapter subjects illustrate the content of this most creative section of the publication of 304 pages, such as follows:

"The Responsibility of Educators," "The School Program," "Organizing Teaching About Alcohol," "Approach Through Problem Solving," "Supplementary Teaching Aids" including teaching films available, and "Mental Hygiene and Problems of Alcohol."

The book contains also information regarding what some private organizations have been and are now doing in alcohol education, the programs that certain state boards of education are conducting, and a recent bibliography.

The need for such a book was first expressed, probably, at the First Yale School of Alcohol Studies, of which both authors, and this review writer, were members. In the six years since, successive educational seminars, composed largely of educators from many parts of the country, have yielded much discussion that has been taken into account by the writers. At the time the plan for the book took place, soon after 1943, both Mr. McCarthy and Mr. Douglass were engaged in high school teaching, or as principals. At present Mr. Douglass is Assistant Superintendent of Schools in Montgomery County, Maryland, and Mr. McCarthy is Executive Secretary of the Yale Plan Clinic.

As to long-range possibilities that may result from renewed and modern educational activity in the schools, the following quotation is significant:

"If the classroom activity is handled intelligently and openly and with respect for pupil needs and attitudes, and if a corresponding program of public education on the question is instituted by parent-teacher associations, teachers' colleges, civic organizations, and other groups

not at present considering the problem, thinking and feeling about the use of alcohol may arise in the next generation."

THE INTERNATIONAL STUDENT is planning to give later a more detailed review of the main features of this unprecedented book.

It is published by Thomas Y. Crowell Co., New York 16, N. Y., and The Yale Plan Clinic, Hillhouse Ave., New Haven, Conn., price \$3.50.

DRINKING DRIVERS

(Continued from page 120)

Motorists who make it a practice to ignore such warnings because they have "negotiated" traffic without mishap in the past should not press their luck. Approximately 20 PER CENT OF THE TRAFFIC accidents in California that result in injuries or fatalities involve drivers who have been drinking. That is about the national average.

It appears that the only real solution to the problem of the "drinking driver" is to remove such persons from behind the wheel. When motorists realize that their driving privileges are in jeopardy if they try to mix alcohol and gasoline, their behavior in traffic should improve.

Strong public support is needed in behalf of strict enforcement and adequate punishment of persons who are convicted of driving while drunk.—"Motorland," magazine of California State Automobile Association, Sept., 1949, "Editorial Comment."

THE PEOPLE who are in demand are those who have a record of giving more of their services than they were paid for, given either to their employers or in outside activities in the community.

"Give and ye shall receive," is not mere sentimentality, it is a profoundly practical fact of life.—Dr. Carl T. Compton, Commencement address, College of Wooster, June 14, 1949.

"The Soul's dark Cottage, battered and decayed
Lets in new Light, through chinks that Time
has made."

The Cult of Alcoholic Culture

*"Seek the Truth
Come Whence It May
Lead Where It Will."*

It's for Other Guys

A guest at a recent Washington social affair, declining a cocktail, explained to another guest that he did not drink. The other smiled and replied: "As a matter of fact I don't drink myself; I'm a distiller."

"Can't Have Fun—"

"You can't have fun with Shirley. She won't get drunk or even take a drink." This statement is said to have appeared in testimony presented when Shirley Temple was seeking a divorce from her husband, in recent proceedings. Must one be drunk to have fun?

School-Church vs. Liquor Sales Places

At the end of the last fiscal year, June 30, 1949, there were 482,033 retail dealers in alcoholic liquors in the United States. This is 29,393 more than the combined number of schools, 198,878 (in 1944) and churches, 253,762. There is one liquor seller to every 72.9 families. The number of liquor retailers increased 15,182 in the latest fiscal year.—*The Foundation Says*, Chicago, Ill., Oct.-Nov., '49.

Gone With the Wind

Just a little more spectacular than the average, is the report that Margaret Mitchell, author of "Gone With the Wind," a great best-seller—both as book and moving picture—was hit and killed in the streets of Atlanta by a drunken driver—one of nearly 10,000 by had-been-drinking drivers in 1949.

The Drink Bill

The direct cost of alcoholic beverages to the people of the United States—\$8,800,000,000 in 1948—was \$60.00 per capita; or \$93.00 for each adult over 21 years of age; or \$146.00 for each member of the drinking population. This is the amount spent—and does not include the costs of social or personal consequences.

Top Divorce Cause

Liquor was given as cause of 60 per cent of 1,494 divorces granted, during his term of office, by Judge Roy C. Scott, of the divorce court of Cleveland in his report, at the end of 1949.

Seeking Freedom From the Cult

*"Seek the Truth
Come Whence It May
Lead Where It Will."*

Is Liquor in the Mores?

If drinking is in the social mores of the American people, a very substantial part has split off from that tradition. For a Galtup poll, December 31, 1949, brings out clearly the report that 58 per cent of American adults drink, but that 42 per cent say they are total abstainers. The survey was a nation-wide test.

Undermining Social Drink

For the preservation of present standards of Catholic life we condemn the custom of serving drinks at the family table, and we further condemn the practice of serving liquor at social gatherings and family reunions.—Resolution of Catholic Total Abstinence Union, Phila., Pa., Aug., '49.

Oklahoma Retains Prohibition

By official announcement of the Secretary of State the popular vote in Oklahoma to retain state prohibition was 323,270 against 267,870 to repeal, a majority of 55,400 to continue the constitutional provision that has been in effect ever since Oklahoma became a state.

Non-drinking French Canadians

The Catholic abstinence movement in the French-speaking province of Quebec, Canada, reports rapid growth—a membership of 36,926 men and 34,285 women, a total of 71,211. Recent growth has been rapid—72 groups and 16,000 members in a year.

In Democratic Germany

In West Germany a new anti-alcohol movement, representing Protestants, Catholics and neutral abstainers, has begun educational activities, under the lead of Professor Strecker, Giessen University, president, and Prelate Czeloth, secretary.

Alerting Student Attention

A movement is on at the University of Illinois, says a *Chicago Daily News* writer, Jan. 5, to put long-standing rules against drinking in fraternity and student rooming houses into more effective operation. The direction taken seems to be one that will awaken student opinion and responsibility toward bettering conditions themselves.

There has been no general crackdown, said the Dean of Men, "But the interfraternity council and the university senate composed of students and

faculty advisers have been bringing quiet pressure to bear—and some disciplinary action." Five fraternities were placed on social probation, last spring, for a noisy beer party.

Serenity Aids Alcohol Cures

Fresh air, home cooking, the restful surroundings of a secluded farm home in the woods of Minnesota and psychology—rational thinking—plus no alcohol, are being combined in an experiment to restore alcoholics to useful living. The experiment centers in the Hazelden Foundation, a new enterprise on a 200-acre farm, on an eighty-mile road through the woods to the home.

"The obsession for alcohol," says the manager, "can be eliminated only by clear and patient thinking. Time and patience are required, as are understanding and helpful companionship." Boating, swimming, hiking, fishing in summer, skiing in winter—take the place of a medical staff. No attendants keep tab on the men. There is only one restriction—no alcohol. Of the men on the farm since its establishment 80 per cent have returned to useful lives.

When we were young, our wise family doctor said: "Waste no time on people over 40—concentrate on the college group that within a few years will be moving into positions of leadership."—A California Business Man.

The November issue (Contest number of THE INTERNATIONAL STUDENT, written by college students) is one of the best I have ever read. There is little evidence of effort to attract attention; practically all impressed me as being natural and honestly written.—HARRY E. TITUS, Allied Forces, Inc., Rochester, N.Y.

Even moderate use of alcohol is potential T.N.T. Medically, we certainly feel that it is smarter not to drink at all.—DR. ROBERT V. SELIGER, M.D.

Fifty million Americans spent \$9,640,000,000 during 1947 for legal alcoholic beverages. An estimated one billion more was spent for bootleg beverages (Dept. of Commerce estimate).

In this gadget-like, politically insecure, atomic, mechanized age, from the point of view of self-preservation alone, we should be in top form and health. *"Even moderate" use of alcohol, in most instances, temporarily at least, depletes physical and other resources.*—Dr. Robert V. Seliger, Johns Hopkins University.

Drinking may lead to heavy social drinking.

Heavy social drinking, aside from its insidious encroachment, just this side of alcoholism, causes severe personal, marital, and business disharmonies and difficulties.—Dr. Robert V. Seliger, M. D., Johns Hopkins University.

Effects of Alcohol on Personality

By SAMUEL B. HADDEN, M.D.,

Excerpt from an Address

IT MUST BE remembered that alcohol, even in small doses, results in some unfavorable effects upon the organization of personality. All our lives we are endeavoring to build up internal restraints and guides for acceptable behavior, but even with small amounts of alcohol we lose these protecting graces and become capable of acts we would not perform without it. At the same time the behavior of others which would ordinarily be objectionable to us—becomes acceptable after we have had a few drinks. It is these pharmacological and physiological effects which contribute to many morally delinquent acts. It is common knowledge that a sophisticated man, seeking to seduce a young woman, never takes her to an ice cream parlor. He knows too well that a few drinks in the cocktail lounge effect sufficient disintegration of her personality so that she becomes easy prey. In short, all the fine qualities we may acquire through our moral and religious training, and which we hold dear, are jeopardized when alcohol is taken. Young men, as well as young women, will find that after drinking, their usual restraints are so altered that they become capable of acts against their normal conscience. It is especially true where alcohol is taken by groups, hence the cocktail party for young people is fraught with danger.” . . .

The problem of alcohol is occupying the attention of many of the finest psychiatric minds in this country.

Dr. Samuel B. Hadden is Consulting Neuro-Psychiatrist at the Philadelphia General Hospital. This article is from an address at the Annual Convention of The Catholic Total Abstinence Union of America in Philadelphia, August, 1949.

DEMONSTRATE DEMOCRACY

ONE of the constant features of universities throughout the centuries has been the unorganized ferment of student opinion.

A reexamination of religious, political, social and cultural doctrines, a rewriting of current history, a vigorous appraisal of the older generation—by such processes of endless discussion and debate outside the classroom each generation of college men gives shape to a new body of opinion. And twenty or thirty years later these same opinions may well be dominant in the nation.—President James B. Conant, Harvard University.

What Can It Accomplish?

*This is the Theme of a \$500.00 Prize Contest
in Editorial Writing*

Open to all undergraduate students in the colleges and universities of the United States and Canada who are not professional writers.

Editorials may deal with any phase of the theme.

Length, not less than 500 nor more than 800 words.

Deadline. To be accepted manuscripts must be postmarked not later than June 20, 1950.

Entries will be judged on soundness and originality of thought, clarity of expression and accuracy of basic facts.

See pages 105-107.

Sponsored by the Intercollegiate Association for Study of the Alcohol Problem.

For application form address:

EDWIN H. MAYNARD, Contest Secretary,
Box 3342, Merchandise Mart Sta.,
Chicago 54, Ill.

THE
INTERNATIONAL

APRIL,
1950

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

Initiating Alcoholic Disorders
Testing an All-College Project
Declining That Invitation
Will You Ride with Me?
Identifying the Root
New Book Calls for Leadership by
Educators

Muskingum
College,
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Ohio.
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THE INTERNATIONAL STUDENT

April, 1950

HARRY S. WARNER, *Editor*

Vol. 47, No. 5

Council and Representatives: Stanley F. Knock, Jr., Yale Divinity School, New Haven, Conn.; Samuel Campbell (Univ. of Toronto), Toronto, Can.; Roger S. Haddon (Bucknell), Phila., Pa.; Adolfs Silde (Univ. of Riga), Marburg, Germany; Bo Nilsson, Karolinski Institute, Stockholm, Sweden; Henry C. Jacobs (Hope College), Grand Rapids, Mich. *Contest Secretary*, Edwin H. Maynard, Chicago, Ill.

INTERCOLLEGIATE SCHOOL Of Alcohol Studies Otterbein College, Westerville, Ohio August 27—September 1, 1950

IN HARMONY with the very recent trend among universities and colleges in seeking a new understanding on the Problems of Alcohol, and

TO PROVIDE the occasion and a program of particular meaning to college students, their interests and problems, under high Scientific and Educational experts interested in students, this Intercollegiate School has been organized for the coming summer.

It will be a week in which students and their leaders—may THINK TOGETHER, discuss freely following keen lectures, share in seminars and discussion groups and enjoy three hours daily in games and folk-dances, on the shady campus at Otterbein, expert leaders in charge.

For application form address:
The Intercollegiate Association
12 N. Third St., Columbus 15, Ohio

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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Initiating Alcohol Disorders

IN PERSONALITY AND SOCIETY

By HARRY S. WARNER

ON NOVEMBER 12 the newspapers reported in glittering detail the shooting of an Ohio State University student-editor and leader—by a fraternity brother at 2:30 A. M., following a cocktail party and other social drinking. A few days later “a pretty golden-haired coed” at the University of Iowa was strangled by her escort—both prominent in student affairs—following a dinner and dance at which both had been drinking.

Four young lives, above the average in potential value to society, blighted, two in jail waiting trial, two dead. These incidents followed gay parties at which an anesthetic drug was used freely, at the dictate of social customs, to give distinction and induce synthetic gayety.

These deaths brought undue publicity to the universities—and to the drinking of college students. As publicity, it was unfair to college life, for alcoholic disorders are no greater but less in extent and degree—than among other people of corresponding age. But they are more dramatic, more newswy.

In an eastern news-report, a few days later, appears an invitation from an alumnus to a local city Dartmouth Club, addressed to alumni, undergraduates and their fathers, to a Christmas cocktail party. It says: “This is certain to be a splendid opportunity to begin the holiday season in unusually fine spirits.”

This report of alumni was routine—hardly even news, but the shootings by the undergraduates shocked the nation. Yet, *there is a correlation.*

For college drinking has a social significance of its own. It first reflects the traditions and the customs of drinking-society—especially those of the influential

alumni—and, second, it adds prestige and approval to the spread of drinking among the total national community of Youth.

Community-College Source

Certainly, these students did not intend to kill. Murder motives were not evident in the news-reports—no lingering sense of unjust-treatment, no seeking of revenge, no outbreak of long-lasting resentment, no sudden outburst of uncontrollable anger. They were just intoxicated. They had reverted to states of juvenile emotions. The acquired good sense, the ability to discriminate—to think and judge—to act normally, had been disturbed, partly anesthetized, “put to sleep,” by repeated acceptance of a socially-approved, group-approved drug technique of having good times.

For generations, certain groups of alumni have popularized this drug gadget at homecomings and after the big games; some faculty members give it collegiate tradition and dignity at their social and professional gatherings; community and business leaders “back home,” enliven their banquets with it; “High Society” at the county seat, the State Capitol and Washington, the “men of distinction,” count on it for a social “lift” when they come together. How can aspiring young men, unwilling to regard themselves longer as children, wholly ignore this tradition? This glamor of current fashion? The approval of the “exclusive”? The influential among whom they plan soon to be themselves? If “drink” at the alumni get-together, why not in the fraternity?

Thus, the disorders of alcoholic anesthesia come traditionally and naturally out of the social cult of alcoholic pleasure itself. Unfortunately and tragically, they are part of that culture.

Anesthesia by Degrees

Both the effects and the pleasure of this popular drug come by degrees—by steps that are readily followed, but soon become questionable. Usually they come by minor degrees of sedation and intoxication. When drinking,

these steps may be unnoticed, often are unnoticed, until a state that previously had been regarded as "enough" has been reached and passed. Recognition of what is "too much," becomes increasingly difficult. The desire to stop changes to a desire for more. For the "danger line" between moderation and excess has not been made clear either by scientific research or everyday experience. ✓ How can it be recognized in time to act by an intoxicated person in an hilarious group seeking excitement?

The sedative action of alcohol tends to reduce keenness ✓ of perception, the awareness of increasing intoxication, at the very same time that it inflates the ego into exaggerated confidence in the acts and decisions that come from the befuddled brain.

There is wide variation, it must be noted, among individuals in the succession of these steps; even wider in the effects that follow the conditions under which alcohol is taken, such as before or after meals, in private or in groups, at the saloon or at the home. But the progressive character of intoxication, from mild sedation to anesthesia or narcotization, is a fact, nevertheless. And it is accelerated as additional drinks add an increasing percentage of alcohol to the blood stream flowing through the central nervous system.

Alcohol is always a depressant, never a stimulant. It disturbs the functioning of the higher brain centers, is the explanation that comes from the Yale School of Alcohol Studies.

"The first danger," says George W. Crane, M.D., Psychologist, "is that every sip begins to reduce the mental alertness of the drinker." ✓

In ordinary drinking among normal and emotionally-mature persons, the usual steps are: first, sedation—or mild euphoria from very small or infrequent amounts; second, depression and intoxication, temporary disorganization, reduced control of mental, emotional and physical behavior; third, serious and prolonged mental, nervous and emotional disorders that have become, or tend to

become, permanent in deterioration of character, capacity and personality.

In matured drunkenness, the fundamental drives of the organism have been given full rein. The intoxicated person is a primitive animal. He has reverted to the enjoyments and mental activity of his childhood, or to those of the childhood of the race.

Summing up the results of recent scientific observation, Haven Emerson says that "the chief effect of alcohol, in whatever dose or concentration it may be ingested, is upon the functions of the brain—those functions which express the will, the emotions, memory, attention, thought, intelligence, and judgment, as well as those which control muscular and sensory functions and the co-ordination of the one with the other."

It is to obtain the lower grade emotions and states of consciousness that accompany this action on the brain that alcohol is taken. The change begins with small amounts and increases with the concentration of alcohol in the brain. The change will not be noticed by the user, even when obvious to the onlooker. It is characteristic of drinking groups that friends condone the state of the one who is drinking freely; they recognize his temporary incapacity and protect him from those who might take advantage of his lowered and childish intelligence. But those who are not his friends, "the shrewd and unprincipled, have universally hit upon the technique of doing business or playing games for profit with a well-filled glass at their opponent's elbow."

Drinking Now Begins Earlier

Recent studies and observations seem to agree that there is a trend, today, toward earlier, as well as more, youthful drinking—that use of the drug Alcohol begins and spreads at an earlier age than it did twenty to fifty years ago. The problems of Alcohol, as a result, in various forms, are more closely associated with youth than formerly. Modern scientific study also shows that the desire for the effects that it yields—for its "kick"—

begins in youth, in adolescent years, or immediately thereafter, at the period of growth in which emotions are most conflicting, their control most difficult; that practically all drinking begins between the ages of 15 and 21— at that period when consciousness of others, the social instinct, is becoming strong in the life of a growing personality.

As of TODAY, drinking reaches its maximum spread—its most extensive social acceptance—between the ages of 21 and 29. A Gallup Poll recently shows that at this period 28% only are total abstainers; that all others, including those that take only a few drinks a year, use it occasionally or more frequently or regularly.

The first experience with alcoholic anesthesia occurs almost invariably in a social group at the invitation or suggestion or pressure of a social group—and at the time of life in which the need of youth for recognition is at its keenest; when emotions are dominant, yet conflicting—and not understood; and when appreciation of anything that gives relief from these inner conflicts is keen.

It comes at the invitation of the group, the gang, in small groups of like interests, in social groups and parties. The motives, both in offering and accepting, are those of friends, to do as the others do; to be a “regular fellow”; to please—liven up—to express friendship and to acknowledge it. Obviously, these are not base motives. But, misdirected toward an anesthetic drug, they may be far-reaching in creating and continuing practices and life habits of counting on the kick of alcohol for what it seems to—but does not actually—give.

Initiating Agencies

Alcoholic disorders generally, even alcoholism, the disease and most serious of all, begin, continue and grow out of the cult of alcoholic pleasure that is found in a substantial part of historic and modern society. The background of this cult stands out clearly:

1. In the traditions that have come out of the past.

(Continued on Page 141)

Testing An All-College Project

In Alcohol Study Emphasis

CENTERING ATTENTION on alcohol problems as they relate to college life, the 24 hours that Dr. Albion Roy King, of Cornell College, Iowa, gave to Muskingum College, New Concord, Ohio, Feb. 7-8, included activities that were modern and well received.

"Dr. King arrived at noon," wrote Dean C. W. McCracken," and immediately began a heavy program, meeting classes, small discussion groups and a chapel talk to the entire student body. The classes were Psychology, Education, and Philosophy and Religion; the small groups, students who serve as counselors in residence centers, spontaneously formed groups, and bull sessions after meals in clubhouses. The distinguished feature of the visit was meeting students individually and in these small groups; the fine response at the chapel address was due in large part to these group discussions."

The schedule, filled to the limit, was:

First day:

2. P.M. Class lecture and discussion; "The Basic Information on Alcohol," 30 students.
3. P.M. Another class, same theme, 30 students.
6. P.M. Dinner and discussion; Men's Residence Hall. "Drinking Patterns Among College Students;" 1½ hrs.; discussion by 25 students.
9. P.M. Discussion; men and women Freshman counselors, a Junior-Senior group of 40, and faculty advisers and administrative officers, "Drink Motivations and Counseling Problems."

Second day:

8. A.M. Class in Health Problems, "Basic information."
9. A.M. College Chapel, 950 students and faculty, "Moderation as an Ethical Principle."
10. A.M. Discussion group based on chapel talk, 50 attending.
12. Noon. Luncheon, Men's Residence. "Drinking Patterns," 25.

Total attendance all groups 1172.

The "Day" was arranged at the invitation of President Robert N. Montgomery, who said that success was due to the informal groups held in advance of the main address and the ability of Dr. King to present this problem adequately to college students.

Declining That Invitation

By EDWIN M. FAUVER, M.D.

MANY YOUNG PEOPLE of today drink only because of social pressure and are looking for an easy way to refuse the offered beverage. Here are some facts that may be considered:

Alcohol is a depressant classed with ether. Even in small amounts it affects the highest brain centers of judgment, self-control and will power soon after it is taken. This means much to young people who already face many social problems that call for solution.

On good authority it appears that one out of every six or seven persons in the United States is adversely affected by alcohol either in himself or someone closely associated with him. This represents about twenty to thirty million persons.

A Yale test indicates that two out of every three alcoholics began drinking when of high school age. There is no known test that can determine whether a drinker will become an alcoholic.

✓ In twenty to thirty percent of all divorces in the United States, alcohol is a chief factor. ✓

✓ Twenty thousand a year die of alcoholism—about the same number as die of cancer. This does not include the thousands that die in traffic accidents caused by drink.

✓ The mortality of children in alcoholic families is greater than in temperance families.

There are in the United States 4,000,000 problem drinkers, of whom 750,000 are chronic alcoholics. In our worst epidemic of infantile paralysis there have been some 30,000 cases, many of whom have recovered with no, or slight, disability. There are some 500,000 cases of

Condensed from *Two Minutes*, Rochester, N. Y. Dr. Fauver is a noted physician of that city and on the staff of the University of Rochester.

acute tuberculosis; about 74,000 known cripples in the United States. The cure of an alcoholic is uncertain. There may be some 60,000 to 70,000 such cures a year. It would take more than eighty years at this rate to cure all the alcoholics in the United States, to say nothing of the number that are being added. Seventy-four percent of court cases are now due to alcohol, directly or indirectly. It costs some \$3,500 to take care of a habitual alcoholic until he or she dies in a penitentiary. It costs about \$2,000 to put a child through grammar school and high school.

Since alcoholism develops mostly in drinkers who begin during ages 14 to 19, and about six percent of those who drink regularly and excessively end as alcoholics, anything a hostess can do to cooperate with young people to avoid the social drink of alcoholic beverage will be of great value. The parent and hostess should be made aware that the emotional changes and disturbances incident to normal adolescence are such that drinking during that period may quickly become very dangerous.

Just a Second

"Just a second of your time to *think—and act—logically* . . ." warned an editorial in a city daily forecasting the number that would die from auto accidents during the 1949 July 4th holiday to the highways of America.

"If all of us use that sense of logic, these appalling figures certainly would be wrong. . . . When you drive, think, act, logically."

But for half of those people who cause accidents on the roads of today, this writer asks the impossible, if they have been drinking. He asks them to be logical at a time when their centers of control are fuzzy, slightly anesthetized, slightly ego-enlarged—or more than slightly, by the drinks they have taken within the previous hour or two. Their perceiving centers are disturbed, their reactions retarded, their coordination made erratic because they have come to count on a drink as something desirable.

Will You Ride With Me?

By REFERD GORMAN

Senior High School, Yakima, Washington

IT WAS A SWELTERING night. A faint but hot wind blew out of the south. It made my shirt stick and the sweat run down my back. I worked in the glare of two spotlights fixed to the top of a long yellow car, on the back of which was written, AMBULANCE. By the light of the spotlights I worked on two bodies. One a young girl, the other a young man. Both had about them the strong smell of alcohol, both would ride their last mile with me. With me in the ambulance I drive. Oh, just occasionally, you say, just occasionally it happens, you say. Then hear this.

June 9, 1949—Two people killed returning to Yakima from Ellensburg. (Cause: Inebriated condition of driver.)

June 21, 1949—Nine people hurt, one killed. (Cause: Struck by car driven by drunken driver.)

August 24, 1949—Two women killed in collision. (Cause: Struck by car driven by drunken driver.)

An old story? Perhaps. Yet every day people are killed on the highway and in their homes. The direct cause? Alcohol. We all realize the harmful effects of alcohol as a beverage. Yet, we allow and believe the propaganda advertisements. Alcohol advertisers say, "Meet Mr. Jim Blane, wealthy horse breeder and well-known illustrator. ✓ He insists on Lord Calvert as do all men of distinction." Which, of course, means you should drink our whisky too. The regrettable part of this is, that we believe, and do just what these men ask.

We not only drink ourselves, but we practically condone teaching our children to drink. We don't actually say, here is a bottle, get drunk, my boy. But, the fact that liquor is available, through even unlawful channels, increases the possibility of a new drinking generation. One

This paper is the first-honors essay in the 1950 Roberts Memorial Contest held annually at Yakima Senior High School, Yakima, Wash.

Referd Gorman is an ambulance driver and attendant.

bartender told me he sold beer to minors. Upon being asked why, he replied, "If I don't sell to them, someone else will, they'll get it one way or another. I might as well make the profit." Through these channels, yes, even from parents, and older brothers and sisters, minors today have small trouble securing intoxicants, and when given this chance youth staggers on to destruction through the medium of liquor. A wild race is often run on a lonely country road with fellow drinkers, to see who has the most nerve or the fastest car. It is not uncommon to hear minors planning their races and have one remark before the race, "Just a minute, Al, while I have a shot of courage." A funny saying? Perhaps, but the next minute may see that happy brave lad twisted amid the wreckage of his car. Someone might say, "Tough luck, hit a soft shoulder." Chances are, however, he would never have hit the soft shoulder if the reaction of his brain and his eyes, had not been impaired by the damning beverage.

How do I know these things? Why don't I drink and drive? I drive an ambulance. I pick up the twisted bodies. Some I take to the hospital. Others I take to the funeral home where I work.

Let me tell you of one of my experiences. It was one of those hot clammy nights. The telephone rang. An emergency ambulance call. I dressed fast, I drove fast, but the minute I saw the huddled form by the road, I knew I was much too late. He had tried to leap from his overturning car, and had been crushed in the attempt. His head had been crushed as easily as one crushes a grape. Both arms and both legs had been broken in at least one place, as easily as one breaks a match. His back and his neck had been snapped as easily as one snaps a piece of string. All of the ribs and the upper chest had torn through the front of his chest as easily as one tears a piece of tissue paper. I don't mind. It's just a job to me. When you drink, you are stepping in line to buy my services. Funeral homes and hospitals will exist without your trade. *Throw out the intoxicants.* Shut your ears to the greedy advertisers and alcohol manufacturers. *Don't drink,* and you may never ride your last miles with me.

INITIATING ALCOHOLIC DISORDERS

(Continued from Page 135)

They are found in the United States, in a large part, perhaps one-half, of the total population, especially in certain nationality groups, the so-called "Upper" and "Upper Uppers," who have particular influence in setting styles and customs.

2. In the current social customs and fashions that initiate, spread and CONTINUE resort to alcoholic satisfaction as something "smart," a "must," and otherwise desirable culturally.

3. In the economic pressure and advertising that enlarge and intensify the demand for this artificial, drug-induced substitute-satisfaction of human needs.

The current drink patterns set up by prestige groups that extol alcohol as a privilege without consideration of social consequences are probably the most sweeping, far-reaching and continuous source of all the problems of alcohol—including the 4,000,000 "excessive drinkers" and the 750,000 compulsive alcoholics. For even the neurotic could not become an actual alcoholic without the addition of alcohol to his neuroticism.

In modern society, as the Economist Thorstein Veblen said, "The members of each stratum accept as their ideal of decency the scheme of life in the next stratum above and bend their energies to live up to that ideal."

Thus, dependence on Alcohol is begun, continued and spread by fashion, social custom, prestige, tradition, and the mores, before anything that can be called habit has time to grow in the individual. Only a few acquire a serious habit quickly—and they are more or less neurotic as beginners. To the great majority, any strong desire or habit of counting on alcohol, comes later, after continued drinking. The alcoholic becomes such only after an average of 15 years of heavy drinking.

But from the first, especially in the early "moderate" years

social influences continue their active pressure. They are the activating agents—the main as well as the initial source in the growth and maturity of inebriety, alcoholism, and at least half of the end-product, the alcoholics.

Social Sifting Process

In all frequent-drinking communities a sifting process is going on. Steadily, many younger people who are emotionally insecure, filled with fears and inferiorities, neglected or mistreated in their childhood and many others, who through misfortune and the emergencies of life become so—and as a result are unusually susceptible to alcohol—are initiated into drinking habits under which alcohol becomes a necessity to them. They come to depend on it before they have had occasion to learn that to them alcohol is doubly dangerous. These potential alcoholics are found in every class—wealthy, cultured, middle, lower—and in between. They are thus channeled by the custom to drink, then into active drunkenness, then lasting inebriety.

But together with them there go—by social suggestion, pressure and promotional advertising—other social drinkers who do not, or cannot, or just do not want to keep their drinking below the unknown danger line—a line that neither science nor their own rough experience can locate.

Vast numbers thus become casualties—in different degrees—some in the public eye, many in private. The stream of inebriates and alcoholics, that directly and indirectly owe their drinking practices to the social attitudes of their groups, as later they flow into the jails, sanitariums, “drunk farms,” is never-ending. The latest estimate is that there are 4,000,000 such drinkers in the United States. Compared with other great plagues to human welfare, even with war, the number is tremendous..

But let it be made clear that those who become inebriates are not merely the “inferior” the oversensitive, the “spoiled” or introverted children of neglecting parents. Nor those who would fail in the struggle of life, if drink did not “get them.” On the contrary, many are

more highly sensitized than the average; have native ability to render unusual service. Those whom liquor injures least, who "carry their liquor" unobtrusively, are often those in whom the physical is dominant over the spiritual and the intellectual.

The cult of social alcohol thus creates a sifting process in the community by which those peculiarly susceptible to it—and large numbers of others, who, for any reason fail to face the misfortunes of life courageously—are sorted out and kept on the road of increasing indulgence until they no longer resist excess. This cult compels non-users and the public to accept an annual crop of addicts and inebriates, pay the price of their keep, the risk of their disorder, of their isolation and, if possible, of their rehabilitation. For annually, a supply of matured drinkers reach the stage at which they must be cared for as people who are mentally ill. *No other means to social pleasure produces so great a public burden from its excesses.*

Initiating a New Advance

Is it not then a basic part of a modern approach to the alcohol problem of today that the leaders of influential society, a very minor share of the whole, should become aware of their responsibility for the practices that result in disaster to millions? To the very millions who, because of personal deficiencies, *feel most keenly* a need for that which alcohol seems to give?

Why should they not see, in the present new and more scientific approach to the whole problem, a new opportunity—and a responsibility—to lead in changing our social culture to the humane, reasonable and natural "way of life" that does not accept alcoholic anesthesia as something to be desired?

For it is he—or she—the social drinker of "distinction," not the inebriate who stands out alike as the subconscious ideal of the youthful beginner and of the compulsive alcoholic.

✓ The culture of America that centers in alcohol must be frankly challenged. It should be brought to public attention for what it really is—for what scientific understand-

ing shows it to be. Fashionably popular, it is highly prized among the socially élite, in governmental and diplomatic ceremonial—in Washington, New York, Hollywood—and, consequently, among millions and millions of aspiring imitators, the ambitious, the “social climbers,” and the middle and lower classes who constitute the main body of the American people.

For, from alcoholic sociability there comes a constant stream of drunkenness, of lesser and greater degree, and a final, gigantic stream of inebriated humanity. Since the initiating and guiding agencies back of this stream are largely social and economic, social customs must be faced as a basic part of the movement to solve the alcohol problem.

Road to Lower Levels

By A. E. CARVER, M.D.

SELF-CRITICISM, no less than the adverse opinion of others, is peculiarly irritating to the alcoholic. He seeks to evade all responsibility for his maladjustment and blames any circumstance rather than himself.

He suffers from a feeling of inferiority and desires excessively the society, sympathy, and love of his fellows.

Boastfulness and confabulation conspicuously cover his inferiority complex, whilst conviviality and intimate contact with his fellows afford occasion for the release of obscene wit and homosexual trends.

Alcohol, by producing euphoria, blunting the critical power and progressively relaxing inhibitions, permits of a flight from reality, which up to a certain point is pleasurable, but when it is pushed too far regression proceeds to lower psychological developmental levels and the return of the repressed from these levels causes great anxiety and antisocial behavior.

Thus, in the long run, alcohol is liable to defeat the ends for which it is taken.

From “Alcoholism from the Psychosomatic Point of View,” *British Journal of Addiction*, January 1948.

Identifying The Root

By HAROLD N. WRIGHT,
University of Minnesota

THE ROOT of the alcohol problem lies in the fact that too large a percentage of the parents of our youth look upon the use of alcohol as an entirely desirable accomplishment—not infrequently an absolute necessity—of social and sociable living. ✓

In all probability the greatest advances in the solution of the alcohol problem can be made by changing the social habits of the mass of the population with regard to the use of alcohol through education. Some progress can undoubtedly be made along legislative lines, especially through increased taxation on all forms of alcoholic beverages and through limitation of the hours of sale of alcoholic beverages.

Fundamental Changes

This decrease can be brought about only by a fundamental change in the mental, moral, religious and social habits of relatively large sections of the population.

What sections of the population are capable of being influenced, and to what extent and by what methods may they be influenced:

First we have the approximately 600,000 chronic alcoholics suffering from definite mental disease. These are, of course, the worst cases of alcoholism. They are at the same time the most hopeless group, and the one from which the most dramatic cures are effected, where a cure can be effected. Many are so mentally ill that nothing can be done for them beyond institutionalization for the rest of their lives. Others can be rehabilitated through appropriate medical, religious and social care, especially

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in association with the excellent methods used by Alcoholics Anonymous.

Beginnings of Alcoholism'

It is my opinion that by far the most fertile field for progress in solving the alcohol problem lies in *preventing people from ever reaching the stage of the mentally ill alcoholic.*

Next we have the group of approximately 2 million intemperate drinkers. These represent about $1\frac{1}{2}\%$ of the total population, about 2% of the population between 15 and 60 years of age, and $5/6\%$ of all users of alcohol.

They represent the group individually most in need of conversion from their intemperate habits, but at the same time they are most difficult to convince.

Effective Methods

What are the methods of approach that may be utilized? It is my belief that the greatest field for construction work toward the solution of the alcohol problem lies in a vigorous educational program in the scientific, moral, religious and social fields.

Scientific education includes the presentation of the scientifically established facts in regard to the action of alcohol in all of its phases. There has been more misinformation published by prejudiced individuals and groups with an axe to grind on the subject of alcohol than in any other field of knowledge. *Scientific facts should be capable of standing on their own feet and intelligent individuals should be capable of assessing their implications.*

Moral education implies the attempt to bring about a change in the fundamental feelings of people as to what is necessary and desirable in regard to the use of alcohol. From the fact that 45 million people in this country use alcoholic beverages, and probably another 45 million non-users passively condone its use, one can only conclude that by far the greater portion of the population morally supports its use. Moral education is probably the most difficult phase of the work.

Religious education presents a fertile although a difficult field. With a known church membership in this

THE BASIC CONSIDERATION is to teach that natural living is the best life has to offer, that the use of drugs is dangerous, and that real satisfaction in life comes from facing and not evading the realities of life.

Such teachings must originate in the home by example as well as precept, and be repeated in the school. It is a tragic fact that 70 per cent of alcoholics started drinking and first got drunk in their teens. It should be repeatedly emphasized that alcohol is a drug habit, and that one in 15 or 20 social drinkers forms the habit.—Dr. Andrew C. Ivy, Vice President, University of Illinois.

country in excess of 75 million, it follows from the figures given previously that there must be at least 20 million users of alcoholic beverages among church members. This is not surprising in view of the fact that four major denominations that do not enjoin abstinence on their membership have a registered church membership of over 37 million. ✓

Social education presents a wide field for work with all groups, but it is a field of particular importance to youth. There are a number of reasons for this. They stem chiefly from the belief that limitation and discontinuance of the use of alcoholic beverages must come from inner convictions rather than legal compulsion.

Real success in combating the alcohol problem can be achieved only when a decisive majority of the population believes in and practices strict limitation of alcoholic indulgence.

The available information shows us that only about 15% of boys and 12% of girls between 15 and 19 years of age use alcoholic beverages, whereas in the age group of 20 to 29 years of age the percentage jumps to 62% for men, 40% for women, and is very little higher at any subsequent age.

The most fruitful time for influencing the relatively permanent behaviour pattern of adults is, therefore, before they reach 20 years of age—that is, while they are still youths.

New Book Calls for Leadership

By Educators

ABOVE ALL the new book, *Alcohol and Social Responsibility*, is a call for action and leadership by the professional educators of America—especially the officials and teachers in the 24,500 high schools—in education on the Alcohol Problem of today as it confronts the middle-teens youth of today.

It is a new-type, scientifically based presentation of the basic facts of the situation, by educators to educators; both authors, Raymond G. McCarthy and Edgar M. Douglass, are experienced as high school teachers and administrators. The book recognizes the present situation as serious, needing objective, scientific and socially responsible educational leadership by those who, almost alone, are properly qualified with knowledge of educational processes and numerous enough to do a real job of alcohol education among the perplexed young people who come to the schools out of severely divergent backgrounds—yet with equal need for the knowledge on which to make intelligent and socially responsible decisions as to their future conduct and attitudes toward alcoholic beverages.

The most significant fact of the book is its title—and corresponding content. Almost for the first time in educational literature on the alcohol problem attention is here centered on Social Responsibility—for the *existence* of the drink problem and for *educational action* toward understanding and reducing the seriousness of this problem. In this respect it stands out in contrast to the physiology-centered literature of the past that seemed to leave all responsibility for action toward improvement on the individual student. It gives the health and psycho-

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logical information that, because of personal relevance, may help the student to decide his future for himself. But its theme is one of social responsibility—a challenge to the school to give attention to alcohol as a major health and living problem that calls for as much educational service as other great health matters are receiving in the schools.

Seeking Advance in Education

Assuming that vast changes in society regarding alcoholic beverages are possible—and necessary—this book says, realistically, in the preface that “changes in behavior rarely take place without some change in motivation.” To this end the writers give much attention, as basic, to the motives for drinking, a new basis in educational procedure, and to “the fundamental factors which must be recognized—individual and social responsibility for the problems of alcohol and alcoholism as they exist today.”

Part I. The Basic Principles and Facts

In the first part of the book the busy school official and teacher will find a wealth of information, much of it not new but not often as easily accessible as in these chapters. It is fundamental background information for study in preparing educational activities. The book might even be called a small encyclopedia, a hand-book of educational philosophy and practice applied to the alcohol problem. It is not a text book, either for student or teacher. Sketching the “Historical Background of Drinking,” various experiences with “Social Control of Intemperance”—by both moral and political action,—“Alcohol and Society”—in both quantitative measures and patterns and attitudes—and presenting basic information regarding “The Individual and Alcohol” physiological and psychological factors—this section ends with the theme of the book, “Social Responsibility and Alcohol.”

The statement of the historical position of the alcohol cult in tradition and the social customs of a substantial part of current society, its deeply rooted position, offers a realistic and vital background from which further study properly is made. The condensation and outline

of present-day scientific understanding and social factors are well done and fairly comprehensive. The specific application of this approach in educational service is helpful and largely new. The place now occupied by alcohol in industry and the economy of the country is represented as a compelling factor in the total situation and not to be ignored in educational activities.

But in "Some Quantitative Measures" there are implications that can hardly be regarded as basic. For example, it can not reasonably be inferred that all of the 65,000,000 people of the United States who, according to very recent surveys, drink are therefore a part of drinking society. In actual experience, there are many who take a drink or two, or on very rare occasions, then discontinue the practice; many—no one knows how many, of course—but a fair number doubtless seldom or never drink again. And there are some, especially young people, who accept, under temporary social pressure, yet are substantially and basically opposed to the drinking custom. They may not be strictly abstinent—they certainly are not drinkers.

In "Quantitative Measures" also, in the opinion of this reviewer, too much place is given to statistical tables regarding the economic standing of the alcohol industry, that is, too much for a book designed to promote education. This factual material should not be ignored; it is important, dynamic, but the broader generalizations as they relate to the theme of the book, might well have been summarized with limited illustrations, in one-third of the space with improved appearance and less display of the economic strength of the drink-supplying agencies. For, after all, "the organized liquor traffic" is a recent historical development. While a powerful factor in the problem today, it is not as fundamental as often appears. The whole economic factor is a derived, and not a basic factor, however strong it may be as a source of influence today. All the basic factors of alcohol in human living were outstanding before this one reached the position it now occupies.

Nor does it seem natural that a large place should be given in such a study to the amount of state and local

revenues derived from the sale of alcoholic liquor without a larger corresponding estimate of the total costs to society of taking care of the unfortunate consequences of alcohol, costs of "drinking driving," industrial accidents, time losses, arrests and trials of offenders, broken homes, injured health, personality disorders, delinquencies and many other burdens that society must share but that are not scientifically known or stated as "the other side" to what government receives as income from the traffic. In a book that is not a propagandist publication, the display of such facts seems to be superfluous.

Complexity of the Problem

But the emphasis throughout this section, and the book as a whole, of the complexity and many sources and angles of the problem—its long growth, its roots in personality, social tradition and motivation of many varieties—is not only realistic; it is a most valuable and much needed emphasis.

In the chapter on "Social Responsibility," a fine sequence to what precedes, the divergence of attitudes found in almost all communities today and the serious problem that confronts the educator in seeking to meet this situation are a valuable contribution to advanced thinking and present and future action. Just because the problem is so many sided, the writers make it clear, there is a *compelling need* for a comprehensive program that will gain the cooperation of a majority of the adults in the community. This, they believe, calls for:

1. A realignment of social attitudes concerning the use of alcoholic beverages;
2. An expanded program of factual education to reach all levels;
3. A nation-wide effort to reduce the role of alcohol in traffic accidents;
4. Consideration of existing inadequacies in public responsibility for the control of the manufacture, distribution and sale of alcoholic beverages.

II. Approach Through Education

It is in Part II that the heart of the book—the creative part—is found. Indeed, if the first part had been greatly

reduced, except the chapters on the Physiological and Psychological Factors, and the sale price proportionately reduced, its usefulness probably would have been enlarged.

"The Responsibility of the Educator," chapter 9, is the most creative section of the book. It centers attention on an aspect that heretofore has been given very little place in textbooks, chapters in textbooks and teachers' manuals on the basic question as to whether there should be education in the schools and, if so, the reasons why. It faces the ever-present question of the superintendent about the relation of this subject to the many others constantly pressing for school-time and a place in the teacher's program. And it says, that since other health problems are now given serious consideration, alcohol deserves a corresponding place and effectiveness of treatment. The chapter cites the decline in mortality from diseases of childhood and tuberculosis as due to "the effective cooperation between parents and the school on the one hand and public health officials on the other." And that now educators consider this activity a primary responsibility and a vital element in any school program.

✓ "Medical authorities characterize alcoholism as an illness," say the authors. "Yet in only a few communities in this country have school authorities recognized and accepted their responsibility . . . to provide adequate material and teaching time for this social question."

To the objection that teaching about alcohol and alcoholism is not appropriate in the public school, that some educators assign it to the same category as sex education, leaving it to the home and the church, the answer is that "the educator also has a responsibility, inasmuch as every state in the nation has approved legislation requiring instruction in the schools concerning the effects of alcoholic beverages." And if educators do not assume the initiative in organizing and teaching, they will, "with the shifting tide of social change," be subject to pressure for instruction with programs not formulated by educators and accompanied with legislative directives.

This leads to the vital statement: "If teaching about alcohol is a function of the school, the responsibility for organizing and integrating the teaching in a total school program rests with the professional educator."

Recognizing that many schools have not ignored the problem, that several states have systems incorporating it in their school-programs and that much local instruction is being given, with an emphasis on physiology and health, the writers believe that "even in the broad field of health instruction the time allowed for consideration of alcoholism has been meager in proportion to the magnitude and importance of the problem."

The critical attitude felt among educators toward some of the books and material available to teachers in the past is fairly discussed; that in some there are statements of doubtful scientific reliability, that emphasis is on the physiological factors, "with little attention directed to the psychological and social implications of such use." The authors believe that instruction now should include the tradition of the use of alcohol and the functions served by it, as well as the conditions resulting from such use. It is clear that the writers do not regard as adequate a program of several periods in a biology class with a discussion of the properties of alcohol and bodily damage, plus an address by someone outside the school.

Such statements as the following are characteristic: "It is particularly imperative that consideration be given to any change in public attitudes generated by the events of the Prohibition era, the period of legalized sale since the adoption of the Twenty-first Amendment and contemporary civic awareness of alcoholism as a public-health responsibility."

"It must be reiterated that the public is becoming increasingly aware of this social issue and can be expected soon to demand action of the school. The interest in the problem is country-wide."

"The teacher in the classroom should be aware not only of the facts relating to physiology and alcohol, but also of the complex social attitudes and beliefs prevailing among different groups . . . the background and

development of ideology in this country in the past two centuries. Of particular significance are the history, activity and achievements of the temperance movement."

"Medicine and science assert that as a nation we have never faced the basic issue in the problem, which is one of personality and its reaction to environment . . . We have been attacking outcomes instead of fundamentals, and as a consequence much of our effort has been ineffective. There is no longer any doubt that the school has a responsibility."

Recognizing the basic purpose of the school as that of meeting those needs of the community that can better be supplied in the classroom than elsewhere, the discussion of "The School Program" should be organized to supply those needs. And this should be done in accord with the changes occurring in educational philosophy and in the community. It is emphasized that great changes have taken place since 1900—in family life, in the increase of urban living, industrialization, and especially in school attendance at the secondary level; that millions are now in high-school or preparing for college, as contrasted with the past when the vast majority of youth went to work, instead of to higher schools.

Great expansion is therefore necessary in the educational programs on alcohol in the schools planned to fit these changes. Also, that if the "program of instruction is not planned in terms of community attitudes and individual pupil-needs, it will not only not be effective but it is likely to accentuate and aggravate the confusion of facts and attitudes about alcohol which prevails."

Noting the difficulty that teachers have when community attitudes are divided, and the necessity of handling controversial issues objectively, the writers say:

"Discussion of controversial issues in class presents a challenge to the skilled teachers. There is always the risk of stirring up community emotions, but this does not justify avoiding the issue. For millions of boys and girls the secondary-school classroom represents their final opportunity to acquire objective data concerning

controversial subjects as well as skill in ways of interpreting them."

As a basis for the changes that must frequently be expected and made in the school program on alcohol, the writers employ the principles developed by the American Council of Education as to the curriculum in the secondary-schools. They say that one approach may be found in discussion of the reasons why alcoholic beverages are used, a very different approach from the customary emphasis on the physiological effects. Also, that teaching should include "the questions which pupils raise among themselves and which go unanswered."

There follow several pages of detailed and analyzed reports of recent questionnaires and surveys among high-school students regarding their attitudes, drinking, frequency, place at which it occurs and similar data; also, lists of typical questions asked by boys and girls.

"In planning a satisfactory program for the study of the alcohol problem," say the writers, "a number of factors must be considered, and among them will be the attitudes towards and understanding of the subject on the part of administrators and teachers. Responsibility rests with them for developing initiative in organizing and adopting a program suited to the needs of the school and the community." The place that educators themselves believe the subject should have in the curriculum is brought out in several pages of typical statements, most of whom say with biology. The authors believe, however, that much more than this is necessary—that "a half-century of teaching about the physiology of alcohol has not produced the results anticipated by those who relied on such teaching"; that "there will be no effective program of instruction about alcohol until all subject teachers recognize and accept their responsibility to participate in an integrated plan." There follows suggestions as to what should be given attention in the grades from 1 to 11 and 12.

In the chapter, "Organizing Teaching About Alcohol," the writers accept the general aim of education as the equipping of youth to solve problems, not just accept

(Continued on Page 158)

The Cult of Alcoholic Culture

*"Seek the Truth
Come Whence It May
Lead Where It Will."*

Multiple Arrests

A California District Attorney recently released a report showing that 143 men and 10 women were arrested 7,569 times in one year,—an average of 49.47 times per person. Could any disorder or crime, except drunkenness, score such a record?

Multiple Martinis

Just before Christmas eastern newspapers displayed accounts of a drink initiation at Cornell University in which a student, plied with a quart of Martinis during an initiation of an hour and a half, went into a coma that lasted 15 hours; his condition was critical for 24 hours. On December 16, university authorities reported that this society had been "stricken from the list of the university's recognized student organizations."

Editorially, the university newspaper said:

"Responsibility for the week-end near-death by drinking lies with the university administration, with the fraternities and with the individual Cornell student, all of whom allowed drinking to reach the point where it nearly took a man's life . . . Drinking societies have been a bad influence ever since their initial formation."

Glamor of Alcoholic Beverages—

Young people are unconsciously induced to assume that intoxicants are as much a matter of course as ice-cream or tea—and somehow connected with so-called social distinction. The deceptive glamor of alcoholic beverages is vastly intensified by the extremes to which their advertising now goes. It exerts a constant and powerful pressure upon each new generation of youth to acquire habits of drinking. It thus contributes directly to the extension of alcoholism which is now recognized as one of our greatest evils.—Dr. Samuel Calvert, General Secretary, Federal Council of Churches, at a Senate Committee hearing, Washington, Jan. 12, '50.

Testing the Tested

Three patrolmen in Albany, N. Y., drank various quantities of liquor and then took perception and co-ordination tests to see if they were fit to drive.

Of course, they were not.

Such tests are as useless as dropping an egg out of a third story window to see if it will break.

Broken bodies along the highways have given testimony over the years to the folly of mixing whisky and gasoline.—*Columbus* (O.) *Citizen*, Nov. 6, '49.

Seeking Freedom From the Cult

*"Seek the Truth
Come Whence It May
Lead Where It Will."*

Lift that Lifts

There is a custom long established in England that we would do well to follow in America—afternoon tea.

Tea and coffee are real stimulants, give a 'lift' and leave no unpleasant after-effect or depression when their refreshing effect is over. Neither does tea or coffee, even when taken in excess, impair judgment, self-control, or capacity to drive a car safely.

Of course children under 16 should never take either . . . but young adults would get the refreshment, good cheer and 'lift' they need from a cup of tea or coffee instead of a cocktail or a 'shot' of liquor at the fag end of the day.—William Brady, M.D., Chicago.

More Sessions Like This

The dry element made real progress at the Senate Commerce Committee hearing on the Langer-Bryson bill, prohibiting use of liquor advertising in interstate commerce. "Just two more like this one," a lawyer on the wet side tells this reporter, "and the committee will approve the bill."—"Inside Washington," *Printers Ink*, Jan. 27, 1950.

Wanted a Comfortable Trip

The thumping dry victory at the polls of Oklahoma was reflected on a new level when arrangements were made for two cars to be set aside for the non-drinking students, at their request, on the special train which carried Oklahoma University students to the football game at Texas A. & M. campus.—El Paso *Herald Post*.

University of California

The president of the University of California, in a recent letter to the 43,000 students of that enormous institution, told them to observe the commonly accepted standards of "morality, behaviour and good taste."

A new set of rules drafted for all fraternities, sororities and living groups on the university's eight campuses bans liquor, unchaperoned parties, and specifies that "mixed gatherings of men and women shall be restricted to public rooms on main floors." One rule says: "No intoxicating liquor shall be served by such groups at any function, regardless of where it is held."

Liquor had previously been banned at these gatherings, but the rule was loosely enforced.

British Columbia

Organized under the Ministry of Education, a department for promotion within the province of education on alcohol has been in operation for the past few years, with a Director of Alcohol Education in charge.

NEW BOOK CALLS FOR LEADERSHIP

(Continued from Page 155)

certain solutions. To this end, they indicate, teaching will begin at the points where appeal may be made most directly to the experiences and interests of youth. Such problems as "Will I be unpopular if I do not drink?" at present, are more meaningful than a fear-approach, such as "Alcohol is a poison; it causes diseases." They find "inconsistency, obvious to most adolescents of high-school age, in imposing upon them an ideal of behavior which adults in our society either reject in their own behavior or honor with lip-service." On these and other grounds, the writers emphasize that many conventional methods of teaching the problem need revision.

As an additional step of needed advance, they say that "the school has not been successful in teaching about alcohol because it has not applied in a positive manner the professional skills which the importance of the question warrants." Also, that "modern educational techniques are based on the concept that planning is the concern of many persons—administrators, teacher, pupil and parent." This is followed by an outline for principal-teacher conferences and another of objectives and general concepts as developed by sixty educators in a recent seminar at the Yale School of Alcohol Studies.

The last chapters, "An Approach Through Problem Solving," and "Supplementary Teaching Aids," are filled with working plans, ideas, tested methods, and concrete materials for teaching service. In the appendix there is a list of private educational organizations, with outline of their methods, material and programs. A report of the activities and programs now carried on in the State Departments of Education in various states, by an employed Director or Supervisor in each, gives an understanding of the extent to which state officials already recognize the importance and give dignity to the enlarging growth of specialized educational leadership on the problems of alcohol.

With its wide scope of understanding, its wealth of information and its new emphasis, this book should be immediately studied by up-to-date educators.

Publications Containing a Modern Understanding

Of the Problem of Alcohol
Material for Discussion and Study

A Modern Approach to the Problem of Alcohol, 1950
Revised Edition; 4th revision, 5th printing. The most widely used of "The New Understanding Series," by Harry S. Warner, L.H.D.

A comprehensive study and program based on the permanent and most recent scientific and educational information available. An all-inclusive basic approach that insures steady advance toward solution.

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INTERCOLLEGIATE ASSOCIATION

12 N. Third St., Room 522, Columbus, Ohio

SOCIAL PRESSURE AGAINST ALCOHOL

A \$500 Prize Contest In Editorial Writing

Open to all undergraduate students in the colleges and universities of the United States and Canada who are not professional writers.

Editorials may deal with any phase of the theme.

Length, not less than 500 nor more than 800 words.

Deadline. To be accepted manuscripts must be postmarked not later than June 20, 1950.

Entries will be judged on soundness and originality of thought, clarity of expression and accuracy of basic facts.

Sponsored by the Intercollegiate Association for Study of the Alcohol Problem.

For application form address:

EDWIN H. MAYNARD, Contest Secretary,
Box 3342, Merchandise Mart Sta.,
Chicago 54, Ill.

Trend Toward Inferiority

Not all persons who use alcohol become drunkards; many so control their desire for it that they show no apparent ill health, seem to live as long as their fellows, and have no illness related to the use of alcohol.

It is easy to show, however, that in the ordinary occupations and vocations of life the use of alcohol in amounts too small even to develop any appreciable outward effect nevertheless causes inferiority of performance, particularly in those reflexes of eye and ear and hand and foot upon which so much of life depends for its safety on the highway.

The alcohol in one bottle of beer or in one cocktail is sufficient to cause delay in the normal reactions of the driver of a motor vehicle for the next couple of hours, which readily accounts for many of the tragedies of the road.—From a radio address under the auspices of the *American Public Health Association*.

You don't need "one too many" to be a dangerous driver. The really dangerous driver is not the drunken driver—but the one who had been drinking.

MAY,
1950

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

Intercollegiate School of
Alcohol Studies
Could Change the National Picture
A Life of Growing Understanding
New Approach Council at Chicago
Youth and Alcohol
Clinical Treatment of Alcoholics
Second Half-Century Approach
Safer Drunk than Half Shot
Index; Volume 47.

UNIVERSITY OF CHICAGO,
BREASTED HALL. (See page 171)



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THE INTERNATIONAL STUDENT

May, 1950

Vol. 47, No. 6

HARRY S. WARNER, *Editor*

Council and Representatives: Stanley F. Knock, Jr., Yale Divinity School, New Haven, Conn.; Samuel Campbell (Univ. of Toronto), Toronto, Can.; Roger S. Haddon (Bucknell), Phila., Pa.; Adolfs Silde (Univ. of Riga), Marburg, Germany; Bo Nilsson, Karolinski Institute, Stockholm, Sweden; Henry C. Jacobs (Hope College), Grand Rapids, Mich. *Contest Secretary*, Edwin H. Maynard, Chicago, Ill.

Constructive Leadership

ELECTED President of The Intercollegiate Association for Study of the Alcohol Problem, April 1, Dr. Herbert J. Burgstahler, Chancellor of Ohio Wesleyan University, sends this message as fitting the situation of today:

"Never since my college days (University of Minnesota) has there been a greater need for **constructive leadership** than now, intelligent leadership capable of facing this problem (Beverage Alcohol) on a factual basis. The Intercollegiate Association is attempting to meet this need. It seeks to be as thorough in its field as Yale has been in presenting a new method which appeals to thinking men and women. I believe it will be seen how important it is that colleges should have several representatives at the coming Intercollegiate School in August."

In college Herbert J. Burgstahler was a keen student of the Alcohol problem and a leader in the movement, at the university, among the colleges of Minnesota, and as University Secretary of the Intercollegiate Association in which he won highest state honors as a student speaker.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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The Intercollegiate School of Alcohol Studies

Open to Students and Their Leaders

AUG. 27—SEPT. 1, 1950

TWO FEATURES OF *immediate interest* stand out as realistic, in the plans of organization of the coming Intercollegiate SCHOOL OF ALCOHOL STUDIES, beginning August 27, at Otterbein College, Westerville, Ohio. For that part of the program, in which students and their immediate leaders deal with questions of intimate concern on every campus in America and Canada today, is to be largely in the hands of those attending directly from colleges. It can not but relate, therefore, to the actual situation, differing opinions, questioning of today.

These features that are expected to apply the basic scientific and educational information, brought by experts directly to everyday experience of college and community life, are the following:

First, the Group Seminars, each afternoon, on "Social Drink Pressure on the Campus," "A Campus Approach and Program," and related problems, to be worked out by the group itself, under the lead of Stanley F. Knock, Jr., student at Yale, Edwin H. Maynard, of Chicago, and Richard Richards, student secretary in Ohio Colleges.

Second, the Faculty and Workers Seminar on "Counseling Problems in the College," supervised by Dr. Albion Roy King.

Third, the Seminar Group that will seek together new and effective educational approaches, procedures, emphases and materials for educational service among students and the public today, led by Miss Vashti Ishee.

On the last day of the School an attempt will be made to unify and coordinate the findings of all the seminars in a Joint Seminar, for future service in the college field.

Expert Leadership

But all of the group seminars will have as background, daily lectures by high experts, on such themes as the following:

Basic Scientific Information: "Psychological Effects of Alcohol," and "Motivations" back of the Alcohol Problems.

"What Medical Science has Learned about the Effects of Ethyl Alcohol on Man."

"The Public Health Aspects of Alcoholism as a Preventable Disease."

"Alcoholic Beverages: Social and Cultural Aspects."

"The Role of Education in the Control of Alcohol."

"College Rules and Social Controls."

"Facing the Alcohol Problem on the College Campus."

"New Plays for the Second Half."

"As a Judge Sees the 'Drunk' and his Treatment."

"Spiritual Recovery of Alcoholic Persons."

"Abstinence Vs. Moderation as Ethical Principles."

With the mornings given to basic lectures and discussion; the early afternoons to group discussion in seminars; the later afternoons to social recreation and games; the evenings to special sessions followed, perhaps, with singing and folk dancing; devotional services at suitable times; fellowship with students from many colleges, staff members and leaders, the week should be both highly joyful and instructive—an event of years.

Approach of the School

A confusing situation and problem of great concern in many colleges—and to all younger people who think for themselves—has arisen, recently, regarding Alcoholic Drink and the whole Alcohol Problem—much of it in new form. What about it? How can intelligent attitudes be formed?

In full harmony with the very recent trend in universities and colleges to take new educational leadership on this vital problem, this *new-type* of Intercollegiate School has been organized. It seeks to make possible UNITED THINKING by college students and their immediate leaders and faculty-counselors in a WEEK TOGETHER, working out approaches that may be effective toward constructive action.

(Continued on Page 166)

Could Change the National Picture

Regarding Beverage Alcohol

A GREAT COLLEGE EDUCATOR who has given a life of service to the students of an outstanding university and various colleges, Dr. Mary Ross Potter, former Dean of Women at Northwestern University, writes, regarding the coming Intercollegiate School of Alcohol Studies, beginning August 27:

"As I read the prospectus, my mind traveled back and forth over the years of my association with college students. Always they have been—and are—interested in action: But today, with a difference.

"An earlier generation of students would ask: 'Will you do this for us?' The present generation replies to an offer of help: 'Oh, no, we'll do it.' And do it they do. When the student mind is convinced that a thing should be, that thing is accomplished and accomplished promptly.

"It is well recognized, in this day, that the preservation of life, even of physical existence, is based on moral and spiritual issues; and it may safely be judged that beverage alcohol, stunting as it does the physical and mental powers, as well as the inclination to face the world-shaking issues of the day, must be placed in the van of obstacles to that moral and spiritual advance which even physical safety now demands.

"Surely, the college student, with trained mind and native inclination to action, given the facts, a knowledge of the causes and a vision of their cure, can exert a wide influence. And an *intercollegiate movement could—and I am not exaggerating—change the picture completely*. The coming Intercollegiate School of Alcohol Studies provides a foundation for great advance in grappling with this basic problem of our times."

INTERCOLLEGIATE SCHOOL

(Continued from Page 164)

And this is to be done with the Resources and Inspirations made available by some of the best modern experts on this problem—in daily lectures, class-continued instruction, abundant discussion, seminars and unlimited opportunity for quiet personal interviews.

Objectives

To gain a scientific understanding of the Problems of Beverage Alcohol in Modern Life.

To seek and discover an objective basis from which to make intelligent decisions as to personal and social attitudes.

To develop thinking and education toward constructive service.

To advance the ideal of a Normal, Healthful Life, free from dependence on Alcohol, as a scientific and realistic objective.

To open opportunities for service toward solution.

Staff of the School

JUDGE LEWIS DRUCKER, The Municipal Court of Cleveland, Ohio; expert in dealing with youth and drinking men in the courts and correctional institutions. Fellow, First Yale School of Alcohol Studies.

DR. HAVEN EMERSON, former Commissioner of Public Health, New York, N.Y.; Professor of Public Health, Columbia and Cornell Universities; editor of *Alcohol and Man*; author of many health publications, national lecturer and health counselor; lecturer at the University of Minnesota and the Yale School of Alcohol Studies.

Supervisor HOWARD E. HAMLIN, Health and Narcotics, Ohio State Department of Education; former Professor of Physiology, Ohio State University and Simmons College; author of *Alcohol Talks to Youth*, *Alcohol Talks from the Laboratory*. Fellow, First Yale School of Alcohol Studies.

DR. J. GORDON HOWARD, President, Otterbein College, Westerville, Ohio, the entertaining college; former Editor of Church School Publications and Director of Youth Activities, Evangelical United Brethren Church.

MISS VASHTI ISHEE, Supervisor of Health and Narcotics, State Department of Education, Jackson, Miss.; organizer of an integrated system of state education on the alcohol problem. Member, Yale School of Alcohol Studies and leader of a Seminar at Yale.

DR. ALBION ROY KING, Cornell College, Mt. Vernon, Iowa; Head of the Department of Philosophy; former Dean of Men; author of *The Psychology of Drunkenness*; intercollegiate and institute speaker on the Alcohol Problem. Fellow, First Yale School of Alcohol Studies.

STANLEY F. KNOCK, JR., Majoring in Leadership in Colleges and Universities, Yale Divinity School; graduate, Scarritt College; leader in Youth activities in Baltimore, Md., and Nashville, Tenn.; Member, Yale School of Alcohol Studies, Director of Religious Radio for New Haven Council of Churches.

DR. GEORGE A. LITTLE, Toronto, Canada; editor of publications, The United Church of Canada; international speaker; cooperating with Alcoholics Anonymous. Fellow, Yale School of Alcohol Studies.

EDWIN H. MAYNARD, Editor of Area News Supplements, THE CHRISTIAN ADVOCATE; Contest Secretary, Intercollegiate Association; former traveling secretary for the Intercollegiate Association; graduate Cornell College, Mt. Vernon, Iowa.

DR. CLARENCE E. PATRICK, Professor of Sociology, Wake Forest College, Wake Forest, N. C.; author and speaker; Fellow, First Yale School of Alcohol Studies.

RICHARD RICHARDS, Columbus, Ohio; Executive Secretary, Ohio Young Men's Christian Association Movement; intercollegiate worker.

PROF. ROBERT V. SMITH, Cornell College, Mt. Vernon, Iowa; College Recreation Leader; Director of Religious Activities at Cornell.

DR. LAWRENCE E. VREDEVOE, Director of the Bureau of Social Services and Associate Professor of Secondary Education, University of Michigan. Fellow and Lecturer, Yale School of Alcohol Studies.

HARRY S. WARNER, General Secretary, The Intercollegiate Association editor, *The International Student*; former conference and group leader and speaker in 180 American and 36 European colleges and universities in 20 countries; co-organizer, World Student Federation Against Alcoholism and International Secretary; author, *Social Welfare and the Liquor Problem*, 7 editions, *The Liquor Cult and Its Culture* and fifteen "New Understanding Monographs." Fellow, First Yale School of Alcohol Studies; Lecturer, Second and Third.

Participation

The School is open to college students and their leaders; to faculty members, counselors and officials; to religious and welfare workers among colleges. It is desired, that if possible, a ratio of two or more students to one in employed service shall be maintained.

Freedom of discussion is to be a part of the learning process of the School. Student participation throughout and in a night program of their own are features of the week.

This School seeks to face the Problem of Alcohol from two collegiate angles—the interests of students and those of the faculty and religious leaders.

Recreation

Three hours each day are reserved for recreation—tennis and other games, folk and square dancing, group singing, a wide range of choice in

organized and unorganized activities, with the aid of an intercollegiate recreation expert. Opportunity will occur naturally for making acquaintances among students from various colleges, who will soon be moving into positions of influence and leadership.

Certificates

All persons registered for the conference who remain for all sessions will be awarded Certificates of Attendance, with automatic membership in the Intercollegiate School of Alcohol Studies Alumni Association.

Registration and Expenses

Application for membership should be made as early as possible to The Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio.

The expenses are, Registration \$10.00, payable with application; room, \$5.00, and meals, Monday to Friday inclusive, \$10, payable on arrival. Make checks payable to The Intercollegiate Association.

A limited number of scholarships will be available to well qualified students, if personal and local financial resources are not able to meet all expenses. The scholarships do not provide travel expense. Application should be made by June 15, with letter of recommendation from a faculty member or religious work director.

On and after August 27th, at 6 p.m., registration will be received at Cochran Hall, Otterbein College, Westerville, Ohio. The Informal Opening "Meet and Greet" is at 8 p.m., August 27th.

Address all correspondence to The Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio.

A YALE UNIVERSITY QUADRANGLE
HERE THE FIRST SCHOOL OF ALCOHOL STUDIES
WAS HELD, JULY-AUGUST, 1943



A Life of Growing Understanding and Vision

An Editorial

To DR. ERNEST H. CHERRINGTON

FROM AN UNDERSTANDING of the beverage alcohol problem that began as a youthful reaction against the vicious influence of small town saloons and grew through the years, deeper and more realistic—through township and county referendums that kept home communities from liquor selling, in the days before the automobile; through the decades in which the states were deciding for themselves against the sale of liquor; through and beyond the period of national decision of America to remove, by democratic process, the pressures of a legal traffic that catered to alcoholic desires and excesses; then on into a vision of a world that might some time be free from the sickness of alcoholism and the social deterioration of the drink tradition—came the enlarging life service of Dr. Ernest H. Cherrington, who died March 13, 1950. To it he gave nearly fifty years of devoted and aggressive—yet mainly educational—activity toward solution of this great world problem.

During the half-century his understanding of what had to be done never ceased to grow, to broaden, to become realistic, comprehensive. From removing a local saloon, the problem to him became a world movement; his early political approach grew into a more scientific and all-inclusive program; his ideal of personal abstinence as basic, into concern for "the other fellow," into abstinence for the sake of those who can not, or do not, and never will remain moderate; from self-centered ethics relating to drink, into that sense of responsibility that marks the mature mind of the influential citizen of a community, a state, the nation, the world. His latest years were characterized by a renewed emphasis on such basic education of the public as would tend to insure steady and lasting

progress toward these ends. He accepted alike the results of scientific research and of experience and sought advance by building his educational and publishing activities on these developments. His mind on the Alcohol Problem was always progressive.

Dr. Ernest H. Cherrington was a great publisher. The gigantic Standard Encyclopedia of the Alcohol Problem, seven volumes, thousands of pamphlets, booklets, year books, historical and other books relating to the movement against alcohol came from his publishing and writing. All through his years with The American Issue Publishing Company, which he established; the Educational department of the Anti-Saloon League; the World League Against Alcoholism, which he founded; and the Board of Temperance of the Methodist Church of which, in later years he was the Executive Secretary, he emphasized the preparation and publication of educational material.

For twenty-two years he was President of the Intercollegiate Association for Study of the Alcohol Problem, and for a longer period President of The Scientific Temperance Federation. In the latter capacity he gave particular attention to *The Scientific Temperance Journal*. Through many years he gathered books, magazines and other publications for the establishment of a great library on the temperance movement. This library, in cooperation with the library of the Scientific Temperance Federation, his personal library and that of the American Issue Co., is now being organized at Westerville, Ohio, the center from which most of Dr. Cherrington's publications have come during the years.

The February issue of *The International Student* came at a most opportune time. In it I found some excellent material for an address. I like the *Student*—its set-up, its contents, and its general appearance. Let me congratulate you upon the very fine line of work you continue to do in the study of the Alcohol Problem.—S. CARROLL COALE, Minister, Baltimore, Md.

"It will reach students in strategic positions and persons not being reached by other schools. The speakers and leaders should be the ablest men in science and education, above all, men who will avoid half-truths." —CLARENCE H. PATRICK, Professor of Sociology, Wake Forest College, N. C.

New Approach Council on Alcohol

Convenes at The University of Chicago

The New Approach: "There is not one problem and one solution, but there are many problems (of Alcohol in Human Society) and each problem has many facets. Therefore, there must be many solutions."

ADDING DIGNITY and high educational approval to the new growing program of education and action regarding the Alcohol Problem that is now spreading throughout the United States and Canada, there was held at the University of Chicago, April 11-13, an Institute or "National Council" that is highly significant in the situation of today.

It was a New Approach Council of citizens—educators, ministers, temperance workers, experts—interested in seeking solution. They came to obtain recent scientific and practical information to aid them in constructive service. The fact that this conference was held, and for three successive years has been held, on the campus of a great university, in the atmosphere of high education and research, brings it into the field of similar recent developments—of public educational schools, institutes, forum-conferences relating to this vital problem that have been conducted directly or sponsored by universities and colleges in the past few years. Among them may be noted, first, those at Yale University, with its intensive School of Alcohol Studies, annually since 1943, and Yale in the Southwest, at Texas Christian University; institutes for shorter periods or summer-schools at New York University, Northwestern, the Universities of Michigan, Minnesota, California, Oregon, Toronto, British Columbia, Ohio State and Juniata, George Pepperdine, and other colleges, in which programs of educational meaning to the public have been held in the past six or eight years. These activities—designed chiefly for men and women of maturity, leading citizens, teachers, and medical, health, religious and welfare leaders, have now become well-established projects in civic education.

Indeed, the leadership now being taken by educational institutions of college and university rank, has become the most significant trend in regard to the Problem of Alcohol of the past quarter century—or half century.

The Chicago Council

The "National Council on the New Approach to the Alcohol Problem," brought together, as reported to *The International Student* by Helen V. Emerson, Assistant Editor of *The National Temperance Digest*, ministers, civic leaders, temperance workers, educators, leaders of young people and lay men and women, on the one hand, and high specialists in various aspects of the alcohol problem, on the other, that through the sharing of late information, scientific findings and experience, and by the mutual discussion of the various angles of the problem, a more comprehensive body of knowledge might be acquired by everyone attending and everyone lecturing. For, it was pointed out, there is not one problem and one solution but there are many problems, and each problem has many facets. Therefore, there must be many solutions. The Council sought to unite thinking about these different facets, thus making possible an intelligent modern approach.

This institute of three days included lectures and discussion of many parts of the Alcohol Problem: "The Scientific Approach," by the noted medical scientist, Dr. A. C. Ivy, Vice President of the University of Illinois; "Achieving Effective Control of Beverage Alcohol in American Culture," Dr. Martin H. Bickham, sociologist; "Propaganda; What Is It?" Prof. Miron A. Morrill, Cornell College, Mt. Vernon, Ia.; "Theological Teachings about Beverage Alcohol," Dr. Francis W. McPeck, Director of Industrial Relations of the Congregational Christian Church; "Women and the Alcohol Problem," Mrs. Holland Flagler, Chicago Council of Church Women; and experts of the National Temperance Movement from various states.*

*The National Council of the New Approach to the Alcohol Problem, at the University of Chicago, was sponsored this year by The National Temperance Movement, Inc., and The Temperance League of America, now in process of being united in one movement.

Educational Approach

These lectures gave background information for the addresses and discussion relating to the educational features to which this article is giving particular attention.

In the educational approach, three practical fields, mostly relating to older youth and adult education, were presented in lectures and freely discussed. They were, in Industry, in the Schools, and in the Church.

New Education in Industry

As illustrating the new interest that has been aroused very recently in an area hitherto indifferent to the Alcohol Problem, Walter O. Cromwell, Director of the Bureau of Alcohol Studies, Department of Public Welfare of Wisconsin, indicated in a lecture that Wisconsin is just now involved in *the first state-wide program* in the nation to combat alcoholism among workers as an illness and a problem of public health. It seeks, also, to aid rehabilitation of alcoholic workers and get them back into industrial efficiency. Mr. Cromwell reported that nine industrial firms already are giving out information about alcohol by the distribution of scientific statements, information in pay envelopes, articles in house-organs and large posters on bulletin-boards. The program is integrated as a part of the industrial health program of these industries.

The seriousness of alcoholism to industry was shown by Mr. Cromwell, when he said that there are in Wisconsin 84,000 alcoholics; that excessive drinking in Milwaukee County alone is costing \$12,000,000; \$7,500,000 in lost wages and \$4,500,000 for treatment and care of drinkers and their families. While this program is only a few months old and results not clear, he indicated that interest has grown so rapidly in other industries that his Bureau is unable to meet the demand for aid in setting up programs and supplying material suitable for distribution among industrial workers.

Education in the Schools

Discussing the program of education on the Alcohol Problem that is comprehensive enough to include all the schools of a state, and that will fit the educational needs

of today, Miss Vashti Ishee, Supervisor of Narcotic Education in the State Board of Education of Mississippi, in a lecture on "Alcohol Education on the State Level," emphasized, first, scientific information strongly presented; instruction that leads to well-rounded emotional and social growth, the development of responsibility and the making of decisions; discovery and development of the talents of youth so that they do not become misfits—since many of the users of alcohol are found in this category; wholesome recreation—not merely places of amusement, and security of mind in the growing pupil. She showed that a well-rounded, integrated person, rightly educated in youth, can make decisions regarding alcohol and stand by them without feeling frustrated.

In Mississippi, Miss Ishee reported, there are now 106 areas in which education on the problem is being carried on—the colleges, the public-schools, courses in certain churches, and education in the program of the A.A.'s. Cooperation and mutual assistance prevail between these agencies and the Narcotic Education program of the State Department of Education.

Church Youth and the Problem

In his paper, "The Church and the Alcohol Problem," James Renz, Secretary of the Church of the Brethren, Chicago, said, "It is hard to pin down the problem in the church, for few studies have been made. Dr. Earl Ziegler has stated that 59% of all Protestants are drinking. You will note that this does not include Catholics or Jews. If this estimate is true, then the Church does have a problem."

Dr. A. Stauffer Curry, in a recent study of the problems of youth in Indiana, Ohio, Pennsylvania and Virginia, found that of the interchurch groups in youth camps, 37% admitted that they have a social drink problem; 17% that they are drinking. "Now, if we are to add to this group all those who do not attend the youth camps, I can easily see how the percentage may well reach more than 50% who have a social problem about drinking and more than 25% who would admit they are drinking."

From this study of the ten major problems of church

youth of many denominations, while not ranked first by many youth themselves, drinking is classified by them as Number One in intensity.

There are several conclusions we might draw from such a study. We might say that our youth have accepted the movies, card playing and other forms of amusement as normal and therefore that no problem of major importance is created. We might say that the youth of today are "going to the dogs." However, neither of these conclusions can be drawn from the study. We can say with some degree of certainty that alcohol does constitute one of the ten major problems of our church youth and that it does rank in tenth place in percentage of cases. However, we must also say that this same alcohol, when it does cause a problem, causes a most intense problem for our youth. This is of great importance for we spend much time on the other nine problems and only minor portions of time on the alcohol problem."

Student Round-Table

A Round-Table discussion by students from Chicago and other high schools, various colleges and theological seminaries, under the leadership of Dr. Gerald O. McCulloh, professor of Garrett Biblical Institute, brought out information regarding the situation faced by students that is both personal and vital to those students who are themselves somewhat concerned.

1—A Private School

A Sophomore at Francis Parker School, Chicago, Miss Pat Sawyer, said that "social drinking is probably one of the most thoroughly discussed problems of youth today. Yet, it remains a problem, for almost every week, sometimes every day, a high school student meets it. And every encounter means a decision to be made." She said that students meet it "first of all in their homes—the greatest school of all—where lasting ideals and impressions are formed and where children cut the design of their lives from the patterns that their parents give them." But at social gatherings they find it mostly as group-pressure, "a feeling that it might be expected and, although abstainers are honored, no one wants to feel

peculiar or left out. It would really be easier if it (the pressure) were spoken. For to something tangible there is always a tangible answer." Miss Sawyer indicated that the standards of the school are naturally opposed to drinking. "But if the parents are of an economic class where drinking is a common social custom, there is nothing the school can do. After all, a parent with a cocktail glass in his hand is hardly in position to warn his offspring about the 'evils of beverage alcohol.'"

2—Public High Schools

An Oak Park, Ill., high school student, Dave Falls, talked about the attitudes and characteristics of early adolescence, to which indulgence in beverage alcohol makes its appeal—the desire for group conformity, the desire for new experiences. On the other hand, he said, there are attitudes to which the appeal of temperance may be made; high school students are idealistic, look up to popular personalities, like to join organizations and above all, desire physical fitness. This last is a strong appeal since so many are involved in one way or another in the athletic program of the school, and alcohol can have no place in such a program.

A Junior at Lake Bronson, Minn., high school, Miss Maxine Johnson, told of the use of scientific speakers and moving pictures in the schools as educational activities; also, of poster and essay contests, teacher-student institutes and their influence on students. All of these, she said, are being used to aid discussion of various problems and topics that grow out of the use and misuse of alcohol.

3—College Students

A freshman at Northwestern University, Miss Pat Gray, a member of a sorority, pictured vividly how easy it is to become involved with liquor, even though many students come from homes and churches after Christian training. Although the University is a community that is dry by law, transportation is easy to Chicago for those who want liquor, and the usual social pressures of the large campus make it the popular thing to do.

On the other hand, Norman Anderson, North Park College, Chicago, reported that most of the students at his college came from Mission Covenant Church background

and because of home training have had no problems of liquor to face. At North Park, a church-sponsored college, there is no liquor problem on the campus. There are taverns and other liquor-dispensing places not far away, but they offer no visible problem to the students. The example and influence of faculty and student body are against alcoholic social activity.

Joe Kennedy, Birmingham Southern College, Alabama, told of educational programs on the problem that have been meeting success at the college level. He said that The Intercollegiate Association for Study of the Alcohol Problem is the dominant organization in the field among the colleges. He told of colleges offering courses of instruction with credit, of special lecture series in colleges, and of student conferences held on campuses to study and discuss this problem. He mentioned, also, The Intercollegiate School of Alcohol Studies, this coming August, at Otterbein College, Westerville, Ohio, as the first such school for college students.

4—Seminaries

The reports by students from theological seminaries surprised some of those attending the National Council; for, from the very nature of the school, it has been assumed that here problems caused by alcohol would be non-existent.

William White, a student at Garrett Biblical Seminary, Methodist, Evanston, Ill., reported that seminary students themselves are subject to pressure toward the use of beverage alcohol because of the diverse backgrounds of others with whom they come in contact. A student charge may bring a seminarian into contact with a group of people who use alcoholic beverages as a part of their historical social-pattern. At this point, the seminarian faces a twofold decision. What about his personal habit of drinking or not drinking? What about this problem as it relates to his equipment for moral and spiritual leadership in his chosen profession? Some seminarians meet the problem, also, in work in restaurants and other places to help meet expenses, that brings them into contact with all the personal problems connected with liquor. They see others use it, with no apparent harm; some are con-

vinced that they can do the same.

Glenn Wiberg, North Park Seminary, Mission Covenant, Chicago, spoke on the attitudes to which appeal can be made at the seminary level. It was his opinion that if alcohol is a problem, or if the decision about what to do about alcohol is a problem, a student should re-think his whole personal commitment to the ministry to which he has dedicated his life. For even the ministerial student must clarify his own rights and responsibilities regarding alcohol, that he may lead his people in this as a spiritual and moral problem; also, he must be able to convince his congregation of their responsibilities as a part of the "priesthood of believers."

Warren Goff, Bethany Bible Seminary, Church of the Brethren, Chicago, discussing constructive activities, listed courses of instruction, resource and other materials that are now available as help to seminary students and others in formulating basic attitudes and effective approaches to this problem as it faces him both personally and professionally.

A unique "Education Clinic on Wheels," through the city of Chicago, gave a realistic impression of the influence and consequences of alcohol in a great city. This visit by chartered bus included Skid Row—or several of them—the neighborhoods of settlements, Hull House, the Juvenile Protective Association, and the temperance and publication centers and libraries especially equipped with literature on the alcohol problem.

WHY SHOULD not the prestige of social drinking be questioned—the drinking at alumni banquets, cocktail parties, the clubs of "big business" and lesser business, the afternoon gatherings of the socially élite? Why should not these customs be evaluated in the light of modern scientific knowledge? In the light of practical experience of how they dominate the lives of millions who follow unthinkingly the fashions of the "privileged"? Why not analyze realistically—or debunk—the welter of literary and social traditions that have grown close around the milder stages of intoxication through past ages?—H.S.W.

Youth and Alcohol

By MARY A. FOWLER

Senior High School, Yakima, Washington

THREE THOUSAND—Two thousand—one thousand and feet. Down came the little plane until it was barely clearing the treetops. Doesn't that pilot know that low flying is prohibited over the city? He's going to hit that tall grove of trees ahead! Why doesn't he pull up?

That was the question puzzling the pilot (let's call him Bud) as he lay on a hospital bed, recovering from injuries received in the crash. Yes, he had seen the trees but thought he was pulling up soon enough.

"But what," you ask, "has this to do with drinking?" To that question, I reply, "A lot." Only *one* glass of some alcoholic beverage could, and has, caused such accidents as this.

The facts "Doc" Jones told Bud apply not only to him and other pilots, but to anyone who consumes alcohol in some form.

First of all, "Doc" told him that the first and chief effects of alcohol are on the highest centers of the brain; releasing their control over judgment, emotions, reason, and intelligence. Without these, man is in a sad plight. Bud knew he shouldn't take a plane up after he had been drinking, but after that drink, he lost his better judgment. His mind kept telling him, "It doesn't make any difference; you haven't had enough to hurt anything." No one, from the highest skilled laborer to you, the high school student, can afford to be without judgment—good judgment, at any time.

Many of us associate drunkenness with some man staggering around, unable to control his speech, and with other uncontrolled actions. Rarely do we stop to think that the brain is being harmed long before these visible

An essay in the annual Roberts Memorial Contest at the Senior High School, Yakima, Washington. The contest was held in January, this year.

signs of drunkenness appear. Reaction time is slowed down and co-ordination between mind and muscle is quickly reduced. Many tests have shown that sight, hearing, and the sense of touch are only slightly affected by small amounts of alcohol. In fact, surprisingly enough, they are improved slightly when alcohol is present in the blood stream in small amounts. Thus it follows that lack of co-ordination must be the cause of failure to react to things seen and heard when under the influence of alcoholic beverages.

This failure to react in time can result in serious injury and even death on the streets and at work. A drinking pedestrian is just as dangerous as a drinking driver. At work, a man slowed down by drink can make a perfectly safe machine into an instrument of death. Because of this, many employers refuse to hire a person who drinks.

Among the serious effects of alcohol, the destruction of morals and the ability to distinguish between right and wrong ranks with the most important. During the past few weeks, our nation has become greatly alarmed by the rapid increase in sex crimes. Aren't these crimes often preceded by drinking on the part of the offender? Then when his morals are gone, he commits acts which he would never do when his brain was clear.

These are not the only crimes preceded by a drinking "spree." Many thieves, murderers, and other law breakers must have their alcohol to bolster their nerve before going to commit the crimes. Without it, they would be cowardly and afraid of the law; but with it, they are afraid of no one and think themselves able to conquer anyone or anything.

Many people argue that a little alcohol now and then in wine, cocktails, and similar drinks does no harm. To statements about its being habit-forming, they reply that they can stop any time they choose to. But—how many do you know that have stopped drinking of their own accord? Yes, there are some who do, but these are few compared to those who don't. Anyone can say "yes" when offered a drink, but it takes a strong will to say "no."

You don't see these things mentioned in liquor advertise-

ments, however. Neither do you see them emphasized in movies where "social drinking" is prevalent. What you *do* see is just what the manufacturers of alcoholic beverages want you to see—pretty pictures, pleasant suggestions that drinking is the "smart" thing to do. You and I are their potential business for the future. They must educate us to their way of thinking if their business is to continue to prosper.

Are we, who are among the best educated generation in the history of man, going to be fooled by their propaganda? Can we be so ignorant as to believe the terribly twisted truth as they are giving it to us? I can answer only for myself as each of you must do. Upon us lies the future of the United States. We cannot afford to take this responsibility with our brains numbed by alcohol. We must be able to think and act with full intelligence if we are to accomplish our task successfully.

Campuses Outgrowing Skyscrapers in America

Says British Writer

AMERICA IS ceasing to be the land of skyscrapers and becoming the country of campuses. No other nation has anything like a proportionate number of students and no other nation can hope to aspire to have such a number in our own time. The colleges and universities give the impression of becoming the formative influence in the future of America in the years that lie ahead. The vast majority of those young people who show any sign of a quality of leadership are increasingly likely to pass through these institutions at the most impressionable period of their lives. The universities are the key to the future in America to a greater extent than they are in any other country in the world.—From a review of *The Crisis in the University*, by Sir Walter Moberly, made by Daniel Jenkins, in *Christianity and Crisis*, Dec. 12, 1949.

Clinical Treatment of Alcoholics

In Connecticut Makes History

CONNECTICUT LEADS the nation in pioneering in the treatment of alcoholics. The State Commission on Alcoholism was set up in 1945 under the chairmanship of Dr. Seldon D. Bacon of Yale University. Step by step a record of achievement has been compiled over a period of five years.

The Commission, after a careful study of the needs of the State, set up five full-time clinics for out-patients, with an expert clinical staff, and a determination to do something more than talk for the 50,000 alcoholics of the state. The result has been accumulative, and while the work has been remedial, the foundation of a preventive program is being laid.

During the month of February the Blue Hills Clinic was dedicated. This is an in-patient 50-bed hospital with every modern equipment for the treatment of alcoholics. Connecticut is making history in that this is the first institution of this kind, supported with public money, in the United States.

The timeliness of this pioneer project, and the realistic need for it, are high-lighted by the fact that the new clinic has only 50 beds— and Connecticut is said to have 50,000 alcoholics. But it is a beginning in an area of public health that has been called by highest medical experts the fourth greatest problem of modern life. May the number of clinics increase.

Also, when Connecticut, as a sequence of this and other constructive efforts, attempts to stretch 50 hospital beds to even an approximation of the 50,000 needed to aid all the inebriates—a costly and gigantic task—and other states do likewise, public opinion, social leaders and responsible citizens will gain, realistically, for themselves a better understanding of the public bills that must be paid as a result of the drink custom and the traffic that profits from it.

Second Half-Century of Approach

To the Problems of Alcohol

IT WAS SEVERAL decades ago that scientific study of the effects of alcohol on the individual was begun at Yale University. At first the experts making research had one obvious lack—a supply of controlled alcoholics from which to determine the accuracy or otherwise of their findings. But in 1935 Alcoholics Anonymous came into existence and began its struggle on behalf of the alcoholic. This movement has found a philosophy that was realistic and effective; but it had no adequate explanation. Yet, by 1940, A.A. had provided Yale with a basis for experimental approach and Yale, in turn, has established the scientific background of the A.A. movement itself.

Thus in terms of the alcohol problem, the converging of these two streams is the most significant event at the end of the half-century. Already this convergence has established creative values which are affecting every approach to the question of alcohol in human experience. In one short decade A.A. has grown from a mere 100 bewildered members to a movement embracing 80,000 happily rehabilitated men and women, and Yale has extended its influence across the continent and increased its facilities, this past year, by establishing at Texas Christian University, Fort Worth, the Yale Institute in the Southwest.

Groups Hitherto Untouched

A new and growing body of literature is available out of these latest developments which is appealing to people in groups and classes hitherto scarcely touched by the problem of alcohol. The new movement is taking the alcohol problem out of the hands of interested politicians

Condensed from an editorial in *The Temperance Advocate*, Toronto, Ont., Canada, Febr., 1950.

and placing it in our universities and schools where most of the solutions for social problems have originated. Church groups and temperance bodies are assuming more hopeful attitudes.

The Renaissance

Canada is sharing this renaissance. Out of the experience of several of the United States, British Columbia has embarked upon an ambitious program of alcohol education based on the new fund of knowledge. Ontario is seeing the establishment of a research bureau on alcohol problems and organized treatment of alcoholism as a disease is being undertaken. Meanwhile educational institutions from elementary schools to university level are showing unprecedented concern as to their place in this new scheme of things.

At the turn of the half-century consumption of alcohol still soars. The fact is symptomatic of a sick society calling for combined religious, educational and social effort. When the overdue Royal Commission is finally appointed to study the alcohol problem in Canada it will have a comprehensive task. In addition to statistics and findings regarding immediate effects upon national life in all its phases, such a study will need to appraise the twentieth century movement in its possible effect upon the Canadian people.

We are at the point of a new beginning. A logical outcome of the new approach arising from recent developments is the gradual establishment of a social culture in which the alcohol problem will assume its place among other great social problems and its solution become a part of the evolution of an integrated social order based in righteousness.

For variety, zip, terseness, force, the February *International Student* ranks high even by the high standards previously set.—BEN H. SPENCE, Toronto, Canada.

Psychopathology deals with the emotions and feelings, and it is this area that is most affected by alcohol today. Nice people are running amok by the use of alcohol.—Robert V. Seliger, M.D. Johns Hopkins Hospital.

Careless Well-Being

THE DRIVER who has imbibed alcohol experiences a feeling of "euphoria" or careless well-being, and entertains a mistaken idea that he is driving better than usual. He does not realize that his reactions are slower, that his neuro-muscular control is impaired, and that his vision is restricted. It is essential that the public generally should realize that "under the influence of drink" does not necessarily mean intoxication in the ordinary sense; but that driving skill is affected long before a man is consciously under the influence of alcohol.—From a Report by the Select Committee of the House of Lords, Great Britain, on the Prevention of Road Accidents.

Safer Drunk Than Half Shot

RECENT traffic reports indicate that the drunk "Man of Distinction" on the highways is of less danger to the public than the merely "had-been-drinking driver."

Official figures from San Diego from January, 1946, to January, 1948, show that the "had-been-drinking driver" killed 2.4 more in auto accidents than obviously drunk drivers; turned over in the road in 10 per cent of his accidents while obviously drunk drivers did so in only 7 per cent of theirs; and finally that "had-been-drinking drivers" ran into pedestrians twice as often as their more completely plastered fellow victims.

Also, that the slightly intoxicated drivers were involved in 25% of the 12,782 accidents, but that 22,196 drivers were involved in these accidents, accenting the fact that sober drivers are not immune when they face drivers who "had been drinking."—American Business Men's Research Foundation, Chicago, Ill.

The more we encourage drinking—the more chronics we shall have, and the greater will be the problem of alcoholism in all of its aspects—medical, social and legal.—Dr. Andrew C. Ivy, Vice President, University of Illinois.

The Cult of Alcoholic Culture

*"Seek the Truth
Come Whence It May
Lead Where It Will."*

Competition—With What?

In 1949, according to liquor trade reports, a slight previous decline in the consumption of alcoholic beverages came to an end. Nearly \$9,000,000,000 was paid for liquor at the retail level, which might have gone into the purchase of food, clothing, shelter, equipment, savings, recreation, religious and educational support.

Based on accepted estimates of the number of alcoholics, the loss in time to American industry is more than 75,000,000 days of labor a year that might have been devoted to constructive endeavor, and this would have netted workers a return exceeding \$750,000,000 in that time.—Am. Business Men's Research Foundation, Chicago, April, 1950.

"Climate": or What?

There is a climate in which the alcohol evil flourishes. That climate has increased the number of drinkers in the United States from 40,000,000 in 1940 to 62,000,000 in 1945. That climate has increased the number of acute alcoholics in Massachusetts from 20,000 to 30,000 in four years (figures from the official surveys of 1945 and 1949). That climate is the *social acceptance* of drinking.

But no one of the 6,000,000 persons, now in various phases of alcoholism, expected to slip over the completely indefinable line between moderation and excess. Dr. E. M. Jellinek of Yale is quoted in the *Christian Science Monitor* as saying, "60 per cent come to alcoholism from an entirely normal origin and only in the course of drink. They are not seeking release. They are conforming to certain habits of their set."—M. W. D., Boston, Mass.

"Private Clubs"

Since World War II, a situation has been (created) in the part played by veterans' organizations, volunteer fire companies, and some fraternal lodges in the sale of alcoholic beverages. These are often strictly male affairs, and are exempt as "private clubs" from certain of the liquor laws regarding hours and days of sales. They often are cheaper in their prices than are the more strictly commercial sales places. Some of their "club rooms" are well-equipped with gambling devices and well-stocked with liquor. They defy efforts made to clean them up by retreating behind their front of supposed service to the community.—Dr. William G. Mather, Professor of Rural Life, Pennsylvania State College.

Seeking Freedom From the Cult

*"Seek the Truth
Come Whence It May
Lead Where It Will."*

Student Panel Discussion

"How can we best solve the drinking problem in American colleges?" was the theme of a panel discussion at Eastern Kentucky State College, January 17, the speakers including students of E.K.S.C., and the University of Kentucky. Individual counseling was advocated as one solution. Another said that often a student drinks merely "to be with the crowd." The causes of collegiate drinking were said to be social and psychological.

Swedish Students Aid Intermediate Schools

Following the annual "Study Course," or training institute of four days, this year at Uppsala University, January 4-7, the best qualified members of S.S.U.H. are chosen for educational service in the middle and intermediate schools. They talk on the alcohol problem in the regular program of the schools during the day and hold a meeting for the organization at night. They encourage the local leaders, add new members and discuss ways of increasing activity and study of the problem. The quality of the lectures given by these university students is such that their work is accepted by the schools as fulfilling the requirement of Swedish law regarding instruction on the alcohol problem. The cost of the program is paid by the government.

University of Toronto

"College rules on liquor are so strict that not even visiting dignitaries are served cocktails before dinner," said Dr. Sidney Smith, University of Toronto President. No outside organization holding a convention on the campus is allowed to have liquor and, said the President, "you can take it from me that alcohol in any form will never be served, let alone sold, on the university campus."—*Temperance Advocate*, Toronto, Feb. '50.

Strong Beer—in Belgium

With financial aid from the Ministry of Public Health, post-war educational activity against alcoholism in Belgium was renewed in 1949. A secretary was engaged and gives particular attention to the daily and periodical press. A campaign has been undertaken against the growing consumption of alcoholic beverages, in particular, strong beer. Posters are issued and displayed in railway stations, youth centers and welfare institutions. A film has been shown in two-thirds of the moving picture shows of Belgium.

Publications Containing a Scientific Understanding of the Problems of Alcohol



Selected because of objectivity, scientific accuracy and recent, comprehensive treatment of the Alcohol Problems of Today.



Abridged Lectures, Yale University School of Alcohol Studies, first session. The basic scientific information condensed in popular, non-technical language; nineteen lectures by leading psychologists, physiologists, sociologists, health authorities—all experts, treating current phases of the problem, scientific, legal, and physical—as understood today.

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A substantial book of 473 pages; *Special Full-Text Edition*.

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Alcohol and Social Responsibility, by Raymond G. McCarthy and Edgar M. Douglass, with the sub-title, "A New Educational Approach." The book is a 1949 all-over survey of scientific and educational information—a condensed hand-book for study, reference and guidance of teachers and school officials. Also, the general student. Thos. Y. Crowell Co., and the Yale Plan Clinic. Price \$3.50

The Liquor Cult and Its Culture, by Harry S. Warner, L.H.D. An all-over study that seeks to popularize and make available to the student and reader the basic scientific information regarding alcohol in modern society and personal living. It develops a philosophy for *permanent, constructive* effort toward solution of the larger social problem. The writer is author of *Social Welfare and the Liquor Problem*, 7 editions.

Prices: cloth \$1.35, paper \$1.00

Alcohol Talks from the Laboratory, by Howard E. Hamlin, Director of Health and Narcotic Instruction, Ohio State Board of Education. From the scientific laboratory Alcohol personified tells the truth about himself—to inquiring youth; the facts desired and needed by high school and other young people today. Price 25 cents

Alcohol Talks to Youth, by Howard E. Hamlin. A publication for high school youth; widely used for "teen-age" distribution in the public schools; scientific information in popular conversational style. Price 25 cents

A Modern Approach to the Problem of Alcohol, 1950 Revised Edition; 4th revision, 5th printing. The most widely used of "The New Understanding Series," by Harry S. Warner, L.H.D. A comprehensive study and program based on the permanent and most recent scientific and educational information available. An all-inclusive, basic approach that insures steady advance toward solution.

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Alcoholic Trends in College Life. A survey of college student attitudes during forty years, the periods represented by the Saloon, Prohibition, Repeal and the transition periods between these stages; from surveys made at the time by various agencies and educators. Price 50 cents

It's Smarter Not to Drink, by Robert V. Seliger, M.D. A brief Medical Discussion by this noted psychiatrist of Johns Hopkins University and Hospital. 1949. Price 25 cents

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MAY, 1950

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Summer Camps for Alcoholics

A summer camp for alcoholics is being opened on an island in Georgian Bay, 100 miles north of Toronto, Canada, June 1 to September 30. They will have meetings every evening and intensive programs over ten week-ends. It is hoped that there will be a thousand visitors during the season.

The 'man of distinction' depends on the alcohol nursing-bottle for his sense of distinction.

As *Alcoholics Anonymous* wisely state; "It isn't the 10th drink that ruins you—its the 1st drink."

THE INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

"The Yale School has had a profound effect on those who have been able to attend it, but what we now need is a school which a great many more of the less official people can attend. . . . The most significant move the Intercollegiate Association has made in recent years."—DEAN LLOYD M. BERTHOLF, College of the Pacific, Stockton, Calif.

"I am wholly in accord with your method of approach and only hope I can help in some significant way."—DR. MYRON F. WICKE, Department of Higher Education, Methodist Church, Nashville, Tenn.

"A valuable contribution to an area neglected by many educators and ministers. We know this is a fact from the way many disciplinary problems that arise from liquor are being handled."—M. DAVID RIGGS, General Secretary, Y.M.C.A., University of Kansas.

"I am heartily in favor of the plan of an Intercollegiate School of Alcohol Studies and will try to have one or more delegates representing Macalester to attend."—DR. CHARLES J. TURCK, President, Macalester College, Minn.

"The steady advance of your—I still like to *feel* our—work (among college students) has been an inspiration; but the new enterprise of definite study from within seems to me to over-top them all."—DR. MARY ROSS POTTER, former Dean of Women, Northwestern University.

AT OTTERBEIN COLLEGE, AUG. 27--SEPT. 1

See pages 163-168



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THE
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STUDENT

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A Creative Adventure

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Report of Faculty Seminar

Role of Education—
In Control of Alcohol

Reviews of Lectures

As the Judge Sees the Drunk

Cochran Hall, Otterbein College
Where Intercollegiate School was held.

Democracy
is something
deeper than
Liberty; it is
Responsibility"

v. 48

1950/51



THE INTERNATIONAL STUDENT

October, 1950

Vol. 48, No. 1

HARRY S. WARNER, *Editor*

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BEGIN WITH THE KNOWN

IT IS FROM the alcoholic that we best learn and demonstrate the results of the disintegration of a personality and the social aspects and implications of the problems surrounding the distribution and consumption of alcohol. Youth and adults soon begin to realize that the alcoholic **represents more** than a drunken sot.

If youth were given opportunity in the classroom to analyze the characteristics of an alcoholic, the causes, effects and costs in human resources, the problem would have more meaning. Through study of this individual, youth would discover that every alcoholic begins as a moderate drinker; that there is no test which shows who can stop at moderation. Thus, the dangers of drinking become real and have personal application.

Most drinking begins in a social way, at a social occasion. But the end result is anti-social. Youth and adults seem to be intrigued by the paradox of the social urge of the first drink and the anti-social urge of the alcoholic.

—DR. LAWRENCE E. VREDEVOE
at the Intercollegiate School.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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The Intercollegiate School

A Creative Adventure

ORGANIZED FOR COLLEGE students interested in examining the alcohol problems of today, and discussing them with students from other colleges, The Intercollegiate School of Alcohol Studies, at Otterbein College, August 27 - Sept. 1, brought something new into education on this problem—an actual and effectively tested experiment in group procedure and creative thinking. As a result, the 45 students and professors from 32 colleges went home, at the close of the School, with enthusiasm for further study and action, and for ANOTHER INTERCOLLEGIATE SCHOOL next year.

“Nothing like it ever,” was the first reaction from students, staff, and visitors alike, as they finished five crowded days together on the Otterbein campus. One and all deemed this first venture of the kind, a success.

Seeking to face frankly the confusing situation, regarding the alcohol problem of today, on college campus and off, the School was based on objective study and full and free discussion. Those who attended represented a cross-section of average college life—with differing social backgrounds, widely varying attitudes regarding drink in personal practice, and toward the total problem. All angles as they come to thinking young people, could and did have examination, expression, and counter-expression from other students. And all of this occurred daily in student seminars—for students only—following a morning of substantial lectures by some of the ablest scientific and educational experts on the Alcohol problem in America.

Thus, through the five days, were the objectives of the School obtained: A scientific understanding; a basis for intelligent personal and social decisions; thinking and education toward constructive service; and the spread

into wider intercollegiate service of a new procedure in education as preparation for responsible leadership as citizens.

Never in previous years has this editor seen a more serious, realistic and thoughtful group of college students facing this problem, than those who participated in this School. We have here, apparently, the beginning of a new movement among the colleges that is as fully alive and able to meet the situation of TODAY as were those of earlier years in the situation they had to face.

The students came from 32 different colleges in 17 states, Canada and one foreign country. They represented colleges as widely distributed as Willamette University, Salem, Ore.; Washington State College, Pullman; Louisiana State University, Baton Rouge; University of Mississippi; Virginia Polytechnic, Blacksburg; Randolph Macon, Ashland, Virginia; McMaster University, Hamilton, Ontario, Canada; and Gordon College, Boston, Massachusetts. Ohio colleges were most freely represented, but Macalester, St. Paul, Minnesota, sent the largest single delegation.

Coordinated Program

With a view to coordinating the whole and obtaining a comprehensive understanding of the Alcohol Problem the program of the week included three features: (1) Lecture material by high experts; (2) free discussion and application in the seminars, each student selecting one and continuing with it daily; (3) abundant time and opportunity for recreation, personal discussion, "bull sessions," and spontaneous interest groups; some of them lasted to midnight after the evening lecture or recreation periods.

Basic Information

Scientific and educational material, regarded as fundamental, was presented in lectures, as follows:

Basic Information: "The Psychological Effects of Alcohol," Dr. Albion Roy King, Cornell College, Mt. Vernon, Ia.

Basic Information: "Drink Motivations," Dr. King.

Physiological and Health: "What the Medical Sciences Have Learned," Dr. Haven Emerson, Public Health expert, New York, N.Y.

Sociological: "Social and Cultural Aspects," Dr. Carl A. Nissen, Ohio State University, Columbus, O.

Realism in Daily Life: "As the Judge Sees the Alcoholic," Judge Lewis Drucker, Municipal Court, Cleveland, Ohio.

Education and Evaluation

From this scientific base of factual material, there followed an educational emphasis and application in the following lectures:

"Role of Education in the Control of Alcohol," Dr. Lawrence E. Vred-
evoe, University of Michigan, Ann Arbor.

"Facing the Alcohol Problem on the College Campus," Dr. King.

"The Modern Approach in the Schools," Supervisor Howard E. Ham-
lin, State Board of Education, Columbus, O.

"College Rules and Social Controls," Dr. King.

"The Public Health Aspects," Dr. Emerson.

"Moral Implications," Dr. King.

"Abstinence vs. Moderation as Ethical Principles," Dr. King.

The Seminar: "The Educational Approach on the College Level," Miss
Vashti Ishee, State Board of Education, Jackson, Miss.

Two seminars for students and one for educators met daily for two hours each, prepared findings and reported on the last day. Regular attendants received a Certificate of Attendance. As a special feature, at the closing session on Sept. 1, the winners of the honors offered in the Editorial Contest on "Social Pressure Against Alcohol," for the year 1949-50, were announced and those present awarded their cash prizes and Honorable Mention Certificates by Contest Secretary, Edwin H. Maynard. The Intercollegiate School Certificates were announced by Stanley F. Knock, Jr., School Secretary, and awarded by Dr. Harry S. Warner, General Secretary.

SETS A NEW COURSE

In this adventure "more is at stake than a mere student conference; a philosophy is being given the acid test," says Stanley F. Knock, Jr., Associate Secretary, His statement follows:

IN A DAY when college administrations refuse to face the problems which alcoholic beverages cause on their campuses, when students laugh at or ignore them, and the church condemns both, the INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES has shown that there is a workable approach to the situation.

Here 39 students from 30 different American and Canadian colleges met for five days to consider with all

seriousness the problems which are caused by beverage alcohol on their campuses. They heard lectures which provided background material for understanding the nature, functions, and effects of beverage alcohol. Seminars gave them opportunity for more direct consideration of campus and community problems by smaller groups. However, most popular were the "bull sessions" which the students engaged in at every free moment. In short, every educational process was employed by these students to do that which had never been attempted before: seriously consider the implications of drinking for their lives and the general life of the college community.

Over 10 administration and staff workers rounded out the Intercollegiate School of Alcohol Studies. These adults, some of them accompanied by several students from their own campuses, considered the situation from their own viewpoint and helped to relate and correlate it to the viewpoint of the students. In their own seminar these leaders of students gave particular study to the responsibility of the educational institution to provide the opportunity for students to gain a more complete knowledge of the problems of drinking. The presence of these leaders as an integral part of the total group offered a unique situation which all were quick to utilize.

It was clear to all who attended the School that this was NOT the usual student conference. Nor was it the usual "anti-liquor" pep rally. It was an educational venture based upon the belief that if the college students of today, along with a few of their leaders, seek to understand the multitude of problems which are connected with the presence and use of beverage alcohol in the college community, they will discover the true nature of the situation and what their course of action will be. The INTERCOLLEGIATE SCHOOL has set a course for future years, one which is new, different and daring. It rejects many past efforts to confront college students with the situation and sets a daring course. At a time when no one else has been effective in approaching the college community, this new venture must be watched with the closest scrutiny. Predictions cannot be made, but early indications are encouraging. No conclusions, in all probabil-

ity, will be reached for several years. More is at stake than a mere student conference; a philosophy is being given the acid test. The INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES has set a course; it is yet to be determined where it will lead.

Report Of Seminar

On "Social Pressure on the Campus"

STANLEY F. KNOCK, JR., *Group Leader*

ANNE BEAMS, *Seminar Secretary*

Monday

AT THE FIRST meeting of the seminar the students were asked concerning their reasons for an interest in the topic under observation this week.

One student said that there are no effective answers for the problem on the home campus. Also that there seemed to be an ostensible lack of interest from the faculty. Some complained that established rules were not carried out. The last reason given was a wish to find activities that could actually compete with those using alcohol in their social functions.

After clarifying the various reasons for interest in the subject the group leader stated some objectives of the conference. We, as a group, are not dealing with alcoholism but we are concerned with moderate and social drinking. It takes from nine to twenty years to develop into a chronic alcoholic. Mr. Knock defined the chronic alcoholic as a man or woman who has been drinking an equivalent of a pint of whisky a day for at least nine years.

We then separated drinkers into four different categories: the occasional drinker, the moderate, the excessive, and the compulsive.

A number of selected questions were asked and answered. The first concerned a definition of social pressure. The group felt it was the influence of society that makes you want to be like the majority. As Mr. Knock explains it social pressure has three component parts. These are the individual, the force on the individual, the source of

the force. On the campus social pressure takes the following forms: fraternity groups, academic organizations other than social, outside community, individual college associates, administration, home, alumni, and unorganized groups. These were classed as sociological, economic, and political.

The next question concerned those on the college campus who are in positions of influence. The tendency was to attribute influence to campus leaders, officers, star athletes, or popular professors.

The final thought was that, student centered pressure is a heavier influence than any other.

Tuesday

The results of a poll among the students attending the School concerning campus drinking were placed on the blackboard and discussed. Dr. Vredevoe attempted to collect the significant facts from the figures and explain them to the group.

A question arose among the students concerning a reason given for discontinuing the drinking habit, that of Christian conviction. Mr. Knock approached the question from a theological angle. He supported the premise of a more subtle dealing with excessive drinkers. He suggested having faith in the power larger than human concept. He classified all humans as creatures who are not self-sufficient. Our society has deteriorated into a "mess" which is simply, according to Mr. Knock, a better accepted term by college students than the word "sin." Granted that we are creatures dependent on an omnipotent infinite being and we are in a "mess," we can thus visualize a brotherhood, which realizes the needs of each individual and faces our mutual responsibility for each other.

Wednesday

In this seminar we discussed a more technical side of the issue, the best means of establishing a program in our colleges.

Great care must be exercised in starting any new campaign or movement since either acceptance or rejection will be the subsequent reaction from the campus. There were four recommendations concerning the basic ap-

proach. A group of definitely interested people of not more than ten. Many movements start with a flair and seeming success; however, the interest simmers down after the initial "blowout" and anything that follows is an anti-climax. Considering this a small group might have the most success. A carefully prepared chairman will hold a group an hour or an hour and a half without covering all the available material. Give them food for thought and then let this "ferment" in their minds for at least a week. Let them ponder the problem—have reference material ready—and let them talk it over among themselves. Films could be used to give the meeting interest. In this case have a larger crowd and a discussion period following the movie and some sort of preparation before the movie. This will keep the film from falling flat and leaving only fleeting impressions.

An eminent speaker can be brought in. Convocation and chapel were deemed inappropriate for this speaker. The individual adapts his or her own program to the campus.

The circulated pamphlet was then discussed. It should contain information of revealing facts, and also, about the nature in which it is written. These are not to be distributed by mail but placed conspicuously so as to assure at least a mild interest or curiosity before the student will even pick it up.

There is no perfect approach. Perhaps a combination of these plans would be better than only one. Some would work on a special campus. There is material to go on and many methods which can be employed. Many plans may fail before one proves successful. Who can tell? **It's up to you!**

Thursday

This seminar was devoted mainly to discussing the "Alcohol Program Paper" which was prepared for Christian Association leaders. The group discussed possible revisions of the format, content and value. Suggestions were offered concerning changes in size, color, and continuity.

Also Mr. Knock presented a diagram depicting the path of an occasional drinker to chronic alcoholism.

Report Of Seminar

On "Community Problems and Action"

EDWIN H. MAYNARD, *Leader*

NANETTE SMITH, *Secretary*

THE GROUP AGREED that our first step as citizens of a typical community is to discover the problem on a community level. The following were found to be the problem areas:

1. Effect of alcohol on the family as regards income, social and emotional problems, and as a factor in the breakdown of the family.
2. Burden on taxpayers for police protection and support of institutions.
3. Crime resulting from the use of liquor.
4. Mental illness resulting from the use of liquor.
5. Accidents, motor and others, resulting from the use of liquor.
6. Impairment of physical fitness due to the use of liquor.
7. Loss of production in industry due to unemployment.
8. Alcohol as a demoralizing factor in social functions and recreation.
9. Possible political corruption relating to the use of liquor and the liquor industry.

The members of the seminar assumed themselves to be a community committee to discover and work toward the solution of the problem in the local community. To find out the facts the committee decided on the following steps:

1. Check the records of police department to discover the percent of crime and accidents resulting from the use of liquor.
 - a. Make available a drunk meter to help police establish the percent of alcohol in the blood of drinking drivers involved in accidents.
2. Examine city relief records to discover the percent of relief cases in which alcohol has a determining effect.
3. Solicit observations of social service workers, public school workers, and public health workers.
4. Examine records of juvenile courts to determine if liquor is a factor in its cases.
5. Check mental and general hospital admission records to determine the correlation of the use of alcohol in their cases.
 - a. Consult with medical associations and local physicians.
6. Evaluate alcohol education in the local schools.
7. Survey the degree of law enforcement and the effectiveness of laws concerning alcoholic beverages.
8. Check the adequacy of recreational facilities in local community.
9. Check with local industry on absenteeism, etc., due to use of alcohol.

The group spent two sessions trying to formulate a basis for concerted action in which proponents of total abstinence and proponents of moderation would agree. The extreme positions taken were:

1. A campaign directed toward prohibition through local option.
2. Encouragement of moderation by drinkers with attack on community problems arising from excess.

Many shades of opinion were expressed ranging between these two extremes. The basis of cooperation was found to be an unbiased presentation of the facts and working toward intelligent thought on community problems, leaving to individual decision the personal stand to be taken on drinking. A four point plan of action was agreed upon:

1. Factual education of children and young people.
2. Adult education.
3. Community projects to provide recreation.
4. Rehabilitation of alcoholics.

This four point program was broken down into the following specific actions to be initiated by the community committee:

1. Education—young people.
 - a. Courses in school.
 - b. Teacher training by sending teachers to schools such as the Yale and other schools of alcohol studies.
 - c. Visiting lecturers in schools.
 - d. Courses in churches.
 - e. Training in hygiene through Y.M.C.A. and other groups already effective.
 - f. Purchase and distribution of literature giving true facts for young people.
2. Adult education.
 - a. Community forums with experts to give true facts as this School is doing.
 - b. Service clubs and other civic groups establishing committees for dissemination of information.
 - c. Cooperation with national committee on alcoholism.
 - d. Dissemination of information about local problems through newspapers, radio, literature, billboard posters, civic forums, movie shorts in theaters and movies for organized groups.
3. Recreation.
 - a. Community center for all ages with municipal sponsorship by service organizations with paid leadership and youth participation in planning.
 - b. Directory of places to go and things to do for young people.
 - c. Recreation through schools.
 - d. Dry night clubs.

4. Rehabilitation of alcoholics.
 - a. Get A.A. speakers into community to enable alcoholics to make contact with them.
 - b. Establishment of clinics for alcoholics or use of clinical facilities of state, county, local and private agencies and hospitals.
 - c. Assistance to the alcoholic in preparing himself for employment and return to his place in the community.
 - d. Education of public attitudes toward the alcoholic.
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Report Of Seminar

On "Advanced Educational Leadership"

VASHTI ISHEE, *Leader*

HENRY C. JACOBS, *Secretary*

Composed of college professors and deans, members and lecturers on the staff of the School, and visitors, this seminar brought in the following report:

THE SEMINAR OPENED with a round-table discussion on what is being done in the field of alcohol education in the colleges represented in this group. From the reports given it appeared that the instruction being offered is extremely inadequate.

The discussion proceeded in the area of exploring possibilities for improving this phase of our educational program. It was the consensus of the group that the immediate objective is to awaken interest among college students and faculty members. When the college community has a broader understanding of the nature of the problems of alcohol and the implications involved it may reasonably be expected that a practical, academic scientific approach to the study will become a part of the regular curriculum.

The sentiment prevailed that the present generation should be presented factual and basic information upon which to make its commitments and determine its attitudes. It was agreed that the goal for effective alcohol education could be reached only through professionally trained teachers and well prepared materials. It was also felt that the selection of faculty personnel would have vital bearing on the success or failure of an alcohol study

program in the college. There are two possibilities for including this instruction in college curriculum: (1) courses in alcohol studies, or (2) integration in courses which are now a part of the curriculum such as education, social studies, science, health and physical education, philosophy and ethics. In both instances there are advantages and disadvantages. No final decision was reached as to the best method. It seems advisable that experimentation and evaluation should precede final conclusion.

Since the classroom teacher is a vital link in alcohol education programs on junior and senior high levels, it is important that teacher training institutions be encouraged to offer courses in alcohol education. This course should be under instructors who are advanced students in alcohol studies, and at the same time have an insight into student needs.

As the seminar progressed, convictions grew that science alone or facts alone could not solve the alcohol problem, but that activities must go into the field of interpretation, motivation, inspiration and social responsibility.

Recommendations:

1. Continuation of seminar in future sessions.
 2. Organization of seminar specifically for college faculty and administrative officers. (Additional seminars for those engaged in other educational activities.)
 3. Increased effort to recruit membership equivalent to at least 1/3 of school enrollment, i.e., 1 college faculty member or administrative officer for every 2 college students.
 4. Placing emphasis on the faculty member accompanying the students.
 5. Utilization of 1950 seminar members in recruiting members for 1951 session.
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ADDITIONAL reviews excerpts and condensations of the lectures given at the Intercollegiate School of Alcohol Studies, August 27—September 1, at Otterbein College, Westerville, Ohio, will appear in later numbers of THE INTERNATIONAL STUDENT during 1950-51.

Role Of Education In The Control Of Alcohol

By Lawrence E. Vredevoe
A Condensation from Recording

TO SOME PEOPLE education and indoctrination are synonymous. To others propaganda is the most important phase of educational activity in regard to alcohol. Propaganda has become so important that textbook writers find it difficult to select material in the social studies that will run the gauntlet of the vested interests, minority groups, and pressure groups. By the time materials are presented for school adoption they have become limited in scope and specific details—often quite harmless and ineffective.

To others, education is a collection of facts, committed to memory for future use. An individual, however, may have an encyclopedic mind but never be truly educated in the broader meaning of the term. Scholarship requires that all the facts are collected, recorded, and interpreted as accurately as possible. This is scholarship—the eternal search for truth. Many adolescents and adults do not follow this pattern of learning; they borrow from the findings and conclusions of others. The majority do not make their decisions on a careful collection of all the facts; they decide on extenuating circumstances, by intuition, or emotion. The individual in this case follows the simplest form of learning, the reaction to pain and comfort, or selecting the pleasant versus the unpleasant. Nevertheless, learning, adjustment, and growth are continually taking place. Research has revealed that the upper age limits for learning and acquiring new ideas are far beyond what we heretofore have thought them to be. As a result a whole new era of education has opened up, known as adult education. Education recognizes the importance of the collection of all the facts and an unbiased interpretation of them in making decisions.

Planned Education

For this discussion we would like to limit formal education to those activities and experiences which are planned and carefully supervised. The most effective age is from adolescence to old age, depending on the capacity of the individual and his glandular and tissue health. The phase of education which concerns us is that which shapes the opinions and attitudes of individuals and brings about changes in habits. It is important to recognize that the ideal is to have these changed attitudes and opinions based on facts—all the facts. If you are willing to give education a fair trial, you must be willing to gamble that if all the facts are available, a learner will develop right attitudes and make right decisions, and will influence the opinions and decisions of others, particularly those about him who have had similar experiences. If you doubt what the decision will be when all the facts are discovered, you are not interested in education, but in propaganda.

Let us look at the possibilities which formal education might present in the control of alcohol. It may interest you that the main reason I went to Yale School of Alcohol Studies the second year of its history was that this was the first effort made by a university to collect the facts, make them available, and let one draw his own conclusions. There has been some severe criticism of the Yale School, that so much emphasis has been placed on the alcoholic. But . . . modern education places emphasis on the study of problems as they are revealed in the life of the individual. Why not begin with the alcoholic? Analyze him. We know what he is now. **How did he get that way?** The study of criminology is based on study of the criminal and how he deviated. Any plan for education on the alcohol problem should begin with the known, or end product, and work back. It is from the alcoholic that we best learn and demonstrate the results of the disintegration of a personality, as well as the social aspects and implications of the problem and of the distribution and consumption of alcohol. Youth and adults will soon realize, as you do, that the alcoholic represents something more than a drunken sot. Careful study may lead one to ap-

preciate that, but for the grace of God, he might be I.

If youth were given the opportunity in the classroom to analyze and diagnose the characteristics of an alcoholic, the causes, the effects and costs in human resources and economic living, the problems would have greater meaning. And further, through study of the individual, youth would discover that every alcoholic began as a moderate drinker and that there is no test which will or can show who is able to stop at moderation. Thus, the dangers of drinking become real and have personal application. Immediately there opens up a whole field of investigation: Why do individuals start to drink? Why do the social aspects of drinking soon give way to the anti-social? To me that has always been one of the most interesting aspects of the whole problem. Most drinking begins in a social way, at a social occasion. But the end result is anti-social. Youth and adults seem to be intrigued with the paradox of the social urge of the first drink and the anti-social urge of the alcoholic. This aspect has meaning because every community is a laboratory waiting for the investigative learner.

It is interesting to observe how easy it is to stimulate an interest in the treatment of an intoxicated driver. A serious accident had occurred in a certain city. It was reported that the driver of one automobile had been under the influence of liquor. Thus we have a known quantity, the accident, with which to begin. Inquiries are made to ascertain the truth or falsehood of the accusation of drunkenness. It is disclosed that no scientific method had been used by local authorities to determine his condition. Further investigation by the students revealed that the entire system of dealing with intoxication in that community may be unscientific, haphazard and questionable. Although the group was not a class, the problem of law enforcement became of great interest; much was learned about archaic procedures followed by the enforcement agencies. This fragmentary study of the problem as it grew out of that accident remained alive among the members of the group and was followed further by individual members for some time. Changes have taken place since in the local police station and in the in-

vestigation of cases of driving while under the influence of liquor.

Adolescent youth and adults learn best when they are searching out their own facts, drawing their own conclusions and planning ways to improve present conditions. The **romance** of discovery, and the **thrill** of accomplishment which belong to the learner, are taken away from him when those who collect the facts for him, give him the conclusions and outline his plan of action. This is true, not only in the problem of alcohol, but in other areas of education as well. As a result of this procedure, learning becomes a method of following fixed patterns. Such processes have little meaning to the learner. It seems to me that we have often labored all night and caught little, because we were afraid to launch out into the deep.

To launch out let us, (1) begin with the premise that the adolescent has the ability and capacity to make satisfactory adjustments. (2) That he should be urged to seek the truth and the truth will make him free. (3) That our efforts should be directed to urging study of the problem by both youth and adults. (4) That we keep all classes and individuals informed of the findings, conclusions, classes and progress of successful programs carried out for better control.

Not only in this field, but in teacher education, they begin by listing the problems on the board. Many come with one problem and go home with four. A conference is called on What is Wrong in Education? Is it now time to find what is right? We must know, of course, what is wrong, but why not analyze what is working well in other places, give them attention and expand them?

Instruction in College and High School

Some say that social problems related to alcohol have no place in the program of college and adult education. Let us examine this statement. Modern education is concerned with problems that effect society and the individual; those which effect the general welfare should have major emphasis. That seems to be the trend in every educational conference I attend. Those which confront the individual daily and locally have the greatest meaning and deserve greatest emphasis. Is there any other

which lends itself better to correlation, integration and unification of all departments than this one? Mathematically it is a natural for the investigation and collection of statistics, percentages, averages, media of means, decimals, and graphing. In English it affords opportunity to develop critical reading and thinking and the organization of material. In Literature there is study of the drinking problem as revealed in the lives of writers, such as Byron. In Art there is opportunity in the history and analysis of advertising. Study of present-day cartoons and advertisements should lead students to creative endeavor, to seek the truth and to help build public opinion. The same may be said for the Social Studies. Here analysis of propaganda, problems of enforcement, economic costs, curtailment of individual freedom, and methods of meeting the local needs of youth should be carefully investigated. It is amusing to hear some say, "How can we justify the request to place such a study in the curriculum?" The question is, "How can you justify keeping it out?"

Every individual needs to face the personal question of drinking, affected as it is by the economic, social, political and welfare aspects of the total problem on the local, state, and national levels. The problem is real and vital; the individual is confronted with it daily on the highway, in the community and in his relations with his associates. Alcohol and its problems have a definite place in the educational program of both secondary and higher education, as well as in adult education. For there are four questions, today, that every youth must decide, **either by careful decision or by acquiescence**. One is marriage, one is religion, one is vocation, and one is alcohol and what he will do with it.

New Offensive in Education

At present those who desire to eliminate drinking among youth are too defensive. Remember that the best defense is a strong offense. Here are some positive facts that should be presented for consideration by college students, facts that they will recognize for their merit:

1. You do not need to drink to be socially correct. There are forces at work that make students feel that

they must drink to gain social standing. Let us drive home the fact that they don't. The host who does not provide a non-alcoholic drink is the one who is socially incorrect.

2. There is no job that you cannot get if you do not drink, but there are some that you cannot get if you do drink.

3. Consumption of alcohol lets down and does not lift up.

4. Freedom and security, individual and group, is being challenged by lack of control.

5. The one point of agreement between the liquor interests and those opposed, and the groups and churches which take different attitudes, is that total abstinence on the part of youth is the only rule to observe.

The implications of formal education in this field are unlimited. The future role should be one of supporting such education for both youth and adults. Let those in the field of education develop the program that it may be removed from suspicion. Your group should insist that all the facts are made available. That is one emphasis that cannot be made too strong. The more informed the public becomes about the implications of the facts and data revealed through laboratory research, the sooner they will approach the problem from the angle of prevention rather than cure. Gradually society is recognizing that persons other than alcoholics and members of interest groups have reasons to be concerned. Today many seem most interested in the cure of alcoholism. Tomorrow we shall emphasize prevention. That has been the history of all social diseases. Why should this one differ?

Let us introduce a program of formal education for all youth in secondary schools, higher education, and among adults wherever youth and adult can be interested in the problem. Publicize the progress and success of local, national and state enterprises as they develop. Formal education over a period of years will mould public opinion. "Give them the truth and the truth shall make them free." Let us launch out into the deep because of our faith in the unhampered and unfettered search for truth relative to alcohol and its problems.

What The Medical Sciences Have Learned

By HAVEN EMERSON, M.D.
Condensation of the Lecture

MUCH OF WHAT I am offering from the medical sciences ought to be common knowledge. But society in its acceptance and the government lag a long way behind the sciences in determining public and social policies. Therefore I want to give you a sort of chronological record of the significant facts which have been turned up in the course of generations:

1. The discovery of the chemical formula of Ethyl alcohol by Lavoisier, the great French chemist, the main contributor to our knowledge of the principles of internal combustion or metabolism as the basis of human energy and heat. He established the chemical formula, C_2H_5OH .

2. The next important and revolutionary fact is one that is yet unrecognized and largely unaccepted by society and government; the discovery by Schmiedeberg in 1883 that alcohol is invariably a depressant and not a stimulating narcotic. Schmiedeberg, the first of the present generation of experimental pharmacologists, took for his major study the three drugs: alcohol, chloroform and ether for surgical anesthesia, chloroform being quick in its effects but lasting only a short time; ether, a little slower but more enduring, and alcohol still slower but with more enduring effect. At an international congress of physicians in Europe in 1895 he declared to the astonishment of his hearers, that all the effects of alcohol are those of depression, not stimulation—a stimulant being "something that increases or improves the physiological function of that being tested." A depressant is something that does the contrary—dulls, delays, makes inferior or

otherwise causes a reaction of less competence. The statement that alcohol is a depressant, not a stimulant, was laughed at by doctors at that time, but now has been fully accepted.

3. A year or two following, another discovery by a young psychiatrist, Emil Kraepelin, proved to be equally important. Kraepelin, then in charge of a mental institution, made the observation that all the manifestations of Ethyl alcohol on the human being could be explained on the basis of the selective depressant action of this drug on the central nervous system—the brain and spinal cord, as distinct from the peripheral nerves.

These two observations—of Schmiedeberg and Kraepelin—have been so completely verified that I think we can accept them as basic in our whole understanding of the alcohol question.

4. A third observation about 1880, chiefly under the lead of Atwater, a physiologist, at the Carnegie Institution, concerned calorimetry, that is, the measurement of heat production due to the metabolism of foods in the body. Atwater was concerned with articles that go with the diet, fluids of all kinds. He took alcohol as a commonly used article, thought by many people to be useful as food, and large parts of the world living by having about a tenth of their calories provided by alcohol. His studies, and others since, indicate that alcohol cannot be considered a food, since a food is something that is capable of participating in the growth and development of the body, as well as in the production of energy.

5. The next observation, that of a psychologist, Dodge, and a physician, Benedict in the Harvard Nutrition Laboratory, published in 1918, took a step ahead in understanding the social significance and origin of many manifestations of alcohol in the individual. They made their tests mostly on students in college; some drank regularly, some not at all, some occasionally, others excessively. They used small amounts of alcohol, socially inappreciable amounts. The end result was that all the body reflexes were delayed from 5% to 10% in those using these small and subsocial amounts. That series of

observations has been accepted, verified and become the basis of a good deal of modern campaigning for safety on the highway.

6. A major contribution was that of Prof. Walter R. Miles in 1924—a study of alcohol and human efficiency, not of drunkenness, but of the effects of alcohol at levels which all people speak of as moderate, socially acceptable, commonly used without offense. His concern was not with merchandising or production or actual technical processes, but with those amounts that could be shown to result in inferior performance in a wide range of human functions. One test after another revealed that inferiority of performance was the normal sequence of the use of alcohol in these small amounts. And, as a sort of negative evidence that is universally accepted, he showed that the healthy body at no age or condition is improved in any of its vital functioning by the ingestion of alcohol.

Conclusion

“The points that I would make are: That alcohol is a depressant, not a stimulant. That it has its main, if not its only, effect on the central nervous system. That it is not properly a food in the sense that other substances that are capable of assisting the growth of the body are foods. That it has an effect in slowing self-protective reflexes. That it causes human inefficiency and inferiority of performance. That its use by healthy persons, so far as can be shown, does not improve any of the functions of the person. These are the facts of medical observation on which I believe that ultimately social and emotional practices will have to depend. We can get along very well without alcohol if we choose.”

THE LOWER YOU GO in the forms of life the greater is the percentage of alcohol that these forms can stand. The creature that can endure less alcohol, percentage wise according to bulk, is the human. That is the price we pay for the qualities we have, such as discretion, which distinguish us from the lower animals.

—Dr. HAVEN EMERSON, in a lecture at The Intercollegiate School of Alcohol Studies.

"COLLEGE RULES AND SOCIAL CONTROLS"
"MODERATION VERSUS ABSTINENCE AS
ETHICAL PRINCIPLES"
"MORAL IMPLICATIONS OF THE DRINK
CUSTOM"

By DR. ALBION ROY KING
Review of the Three Lectures

IN THE LAST three of his five remarkable lectures given daily through the session of the School, Dr. King brought out in concrete, realistic form the significance of present-day knowledge to the problems and issues that college students face in the situation of today. On a basis of the accepted scientific information, he led the thinking of the School objectively and frankly into the areas where serious questioning, uncertainty and controversy occur—the aspects in which most of the students, whether fully conscious of it or not, were most interested.

Referring to two deaths and a near death from heavy drinking on university campuses last year, he said that, compared with the rest of the community, the campus is relatively dry; there is no alcoholism whatever in the technical sense of the word; students are too young to have reached that stage. But there is much drinking, mostly moderate, "at least 50% of the students are using alcohol to some extent."

But, he said, there are two factors that should give more concern than the drink statistics, "the sinful pride with which the student considers his habit and the emotional resistance to any study of the alcohol problem that is prevalent on the campus." Discussing these attitudes he said that moderation propaganda and "the man of distinction" preachment have cultivated a very dangerous form of pride. He added, "I think it is the most doubtful aspect of the moderation movement. Formulated in glamour advertising it is realized in the wishful thinking of the respectable drinker." He comes to think there is some kind of virtue in his drinking. This pride cultivates a kind of intolerance—"The group must go along with him or he will feel some kind of resentment." This cre-

ates a serious situation for impressionable youth.

Speaking of the controls of a social character that restrain excess he indicated that "you will look long and far to find any college community or any social group within a college community, any fraternity, which is actually putting into effect much in the way of controls." In certain colleges where attendance comes from a highly selective group, with traditions against excess that are deeply ingrained, with an honor system and a heavy academic pressure, these sanctions that tend toward moderation may be strong. But the serious fact, he indicated, is that in too many places "a certain premium is put on excess." Far from being penalized by social pressure, "a certain kind of prestige is achieved by getting drunk." "Johnny Drunk is often more of a social hero than Johnny Sober, simply because he can get away with emotional excesses which would not be tolerated in a sober person." Thus he indicated, that while the philosophy of moderation prevails and is defended, it works out poorly in actual practice. It is always highly individualistic:" "Guess I can take care of myself." "I'm not my brother's keeper."

Out of this pride comes the prejudice that is seen today in the difficulty of getting any serious study of the alcohol problem into the college community. A teacher who brings it into the curriculum must face some opinion that isn't complimentary because he makes the subject a matter of academic study. This, he said, is due partly to the recent influence of the G.I. and army beer, but even more, to "the youngsters who come to college with some kind of emotional interest in imitating the G.I.'s, or the freedom of their dads when they get away from home." Yet, this cynicism, Dr. King said, "is not nearly so strong on the campus as it was from 1930 to 1945."

He discussed freely and frankly the differences in college life between that of thirty or more years ago and the present time—that higher education then was the privilege of the more ambitious and well qualified; that today the populace has moved into the college. "When once in the college this generation will not be coerced by traditions that have been handed down in the past." "All of this would seem to add up to this: that any notion that

moral direction of youth can be controlled by rules and restrictions is rather futile if not basically wrong. Yet I would like to raise the question, does this mean that the people who reject the alcohol cult have no right to protect themselves and their children from the dominance of alcohol? About half of the people in America do not use alcohol at all and most of them on principle. That is an achievement of the modern temperance movement. Have they no right to seek a pattern of social life and education which is alcoholfree?" Then he discussed the different types of colleges and the way they respond to differing types of social culture. He said that if alcoholic beverages are forbidden in a college, that regulation should be set forth clearly in the college recruiting literature, and the rule should be administered fairly and impartially; also that this can be done without much policing.

In the lecture, "Moderation Versus Abstinence," Dr. King showed, first, that "there is a fairly sharp division among us today" over the question, on the college campus; that the moderation idea is the most vocal, argumentative. "You will find among the people working in the field of alcohol education that the cleavage between those who favor total abstinence and those who favor moderation is a pretty bitter one." "I want to avoid that; especially on the college campus do we want to sit down together and reason the thing out as we have done here. We have to create a situation that is academic in the sense that it is an inquiry for an answer."

Then he discussed freely the main points of this basic problem, in a sincerely objective way.

Concluding the lecture, he gave THREE PROPOSITIONS ABOUT MODERATION which he regarded as reasons for taking the total abstinence position.

First, the most decisive: that not only is there no harm in strict moderation as defined by my friend as "a couple of beers," but likewise there is no important value in it that I surrender if I give it up.

Second, imitation. "A man who drinks does not imitate the drunk down the street, but the man of distinc-

tion. It might be a little difficult to say to a man of distinction that he is his brother's keeper, but after all, that is a moral and ethical principle that is well established."

Third, the argument which can appeal to the person who does not take his social responsibility seriously is more individualistic. A person who is a total abstainer will be in a little stronger position to confront the inevitable crises in life which come to everyone. To crack up in crisis is the common technique of the alcoholic or excessive drinker."

In his final lecture, "Moral Implications of the Drink Custom," Dr. King reached a climax of keen thinking, analysis and spiritual interpretation as the culmination of his series of five lectures.

Discussing first the question raised by a student, "Is Alcoholism a disease?" he said that nobody should question at all that an alcoholic is a sick person, or that alcoholism is an illness and that "disease" is a technical word, one for the doctor to decide.

But he added that for anyone to say objectively that the alcoholic is a sick or diseased man, or that he belongs to a society in which the mechanisms of that society determine the evils of his situation, and that therefore no such thing as sin is involved, is absurd.

He referred to Saint Francis of Assisi, whose life seemed perfect, yet who had the deepest sense of sin, and a sense of struggling to break through to his God. And he said, "Now you don't have to go back to St. Francis, just go to an A.A. meeting and watch the new man who has just been brought in. . . . They have several witnesses or testimonials. . . . They have him under what the old-time revivalist would call conviction. And what the A.A. is trying to do when he talks to the group and the man is to induce a confession of sin because that is the first step. They go out to get him saying he is not a sinner, but a sick man; when they get him in they begin with all the arts of evangelism to induce a sense of sin and to bring him to the point of confession."

From this concrete illustration Dr. King discussed the basic social and moral implication in citizenship resulting from the beverage alcohol problem as it prevails today.

As The Judge Sees The Drunk

By JUDGE LEWIS DRUCKER

Condensation of the Lecture

MY FIRST ASSIGNMENT in the police court with drunks was a bewildering experience. Any man who is somewhat conscientious becomes confused as he sits there hour after hour and morning after morning, facing a parade literally, of 50 to 60 a morning, 250 on Mondays. Honestly, I felt helpless as these people began that parade day in and day out. It was easy to give them days in jail, it wasn't my time; it was easy to give them a fine, it was their money that paid; but sooner or later a judge begins to feel a sense of responsibility; mine was one of hopelessness.

At one time I had an old Bohemian clerk. He sympathized with my bewilderment and to help began to give these people military titles. When I asked him about it he said it was a hint to me—a General was a man who had been in and out of court at least 50 times; a Corporal or Sergeant, don't pay attention to him; he has been in only three or four times and doesn't count. That was not an unusual attitude; it was reflected in the courts, the administration, the police department, and it was the attitude of society, and that all a judge could do was to get through the job as soon as possible, then take his afternoon leisure.

Asking Questions

I began to ask the men questions as they came before me; it startled them at first that someone cared to know anything about them; whether they had a job, a family. Their looks of bewilderment were equal to my amazement. Then I asked a professor of sociology at the university to sit with me on the bench. As one result we arranged for a young man to write his master's thesis on a study of 150 cases that had been sent to the workshop

for intoxication, the first time that had been done in that county. A result of the study of these 150 cases, selected at random, was the discovery that they represented 362 registrations with social welfare agencies. This pointed out a most important aspect of the problem—here were men coming to court for drunkenness and their families were seeking aid from the welfare agencies, the employment bureaus, the charities; their children were in the juvenile court. They represented units, families, and they were problems in the community, from the standpoints of both the court and the welfare agency. Frequently they were unemployed on account of their drinking and very often they drank because they were unemployed. It became clear that we were dealing with family units, not merely drunken men.

Community Problem

Because of the continuous reappearance of the drunks in the courts, many judges have now begun to realize that this problem is one of the whole community, a social problem. We understand that we are dealing, not merely with persons individually, but with his associates, his family, his unemployment, his absenteeism in industry, when due to drinking, and the entire economic structure.

This was an important step in our work in Cleveland. It led to the organization of a citizens committee to work through the welfare federation of the city which is composed of 130 agencies. This gives community status to the Committee on Alcohol and it has brought about a change in the attitude of judges and the probation department. This committee introduced the use of certain drugs in the treatment of alcoholics, psychiatric study and other procedures. Longer sentences were tried on the basis that while in the workhouse these people should be given some kind of therapeutic treatment. We also gave them a chance to choose between going to jail or out to a farm voluntarily. This did not succeed because custodial care was not available at the farm. We could keep them until they dried up, but then they went right back to the same situation in which they had been. Sending out psychiatric workers was tried, but that treatment is difficult and expensive.

Spread of the Problem

To give you an idea of the number of drunks that come through the courts, note the following: Judge H. C. Kaufman, San Francisco, said that 75% of the criminal cases can be traced to alcohol; Judge William R. McKeg, Los Angeles Superior Court, makes the statement that "90% of the men and women who have passed me during my 20 years as district attorney and judge, came because of an inordinate use of alcohol." Clinton P. Duffy, Warden of the California Penitentiary, said that 65% of those incarcerated at San Quentin are there through the use of alcohol.

I think it is important to remember that only a minor portion of the problem drinkers come into the courts; there are a great number who are protected by their clubs, their families and their fraternities. Those that are seen in the gutters, the police line-up, and the city hospitals represent less than 20% of what we might call the chronic alcoholic.

Alcoholism as a disease had more victims than cancer, tuberculosis and infantile paralysis combined. Listed as number four among our national public health problems, there were, in 1949, 3,250,000 excessive drinkers and 750,000 in more advanced stages.

In Cleveland in 1949 there were charged with intoxication and tried in our courts 23,172; of this number 487 were charged with driving while intoxicated. Police records for January 1 to May 31, 1950, show 7,234 arrests for intoxication, 358 of them for driving while intoxicated. This last statement is of great importance, because the automobile is a powerful instrument endangering the lives of many people, many children, and the destruction of much property. There ought to be a more stringent technique applied when dealing with those who drive while intoxicated. Our tests are inadequate—the blood test requires the aid of physician, the spinal test, the urine analysis which is the most simple, yet has many possibilities of error. Then, another important way of dealing with this problem is the training of policemen to understand the drunk and the alcoholic, and to enable

them to distinguish between the man who is in a drunken stupor and the one with a hemorrhage or concussion of the brain.

Court procedure should include what I call a screening technique, a separation of those who are habitual offenders. There should be in each community a strong probation department as part of the court technique, to which these people may be referred and their records checked, to determine their drinking history, and their relationship to their family and the community. That information should be brought to the court, together with recommendations.

— — —

Regarding some of the repeating drunks, however, Judge Drucker said that the penal attitude ought to be maintained; that the A.A.'s also take the view that "sometimes when a man is convinced that he does not need help he may be brought to his senses by a jolt. A jolt isn't a lecture, he's tired of lectures. The jolt may be a sentence, a situation in which he is brought face to face with a power stronger than he is." He favored the development of methods of group therapy by A.A.'s for the alcoholic while he is in the workhouse where he can be supervised, not forced but presented with the choice of refusal. Among those who have a faith, the Judge said, "the Salvation Army is doing a tremendous work. Their great appeal is spiritual, return to God." And he added that "there ought to be a follow-up after he leaves the workhouse. Of what good is the expense of incarceration and treatment, if the very minute that his term is ended he goes back to the environment which brought him to his alcoholic stage, if there is no attempt to get him a job, to find someone he can turn to?"

In conclusion Judge Drucker brought out forcefully the significance of alcoholism and the alcoholic as a social problem. He said: "You don't help the problem of alcoholism by building jails or sentencing the drunk to long terms, but **by creating in a community a sense of social responsibility** and in officials a feeling that they ought to be helpful."

NATIONAL COUNCIL ADDS STUDENT MEMBERS

FIVE STUDENTS were elected to membership on The National Council of the Intercollegiate Association September 1. This is the first time in the history of the Association that undergraduates have been chosen to share in the financial and other basic responsibilities of the organization. The nominees were chosen by a vote of the Intercollegiate School of Alcohol Studies and immediately participated in the 5½ hour session at the close of the School—the most largely attended National Council meeting in eighteen years.

The student members are: Warren Balovich, Louisiana State University, Baton Rouge; Anne Beams, Lincoln Bible Institute, Lincoln, Ill.; James C. Curling, Virginia Polytechnic Institute, Blacksburg; L. T. Hathaway, Jr., Randolph Macon College, Ashland, Va., and Richard Sprague, Baldwin Wallace College, Berea, Ohio.

KNOCK'S KNOOK

(Continued from page 32)

can the religious and moral aspects be given proper consideration without basically endangering its usefulness? Fifth, what should the financial undergirding be? Sixth, how can it be defended against the coming storms of criticism and debunking? I, for one, am frank to admit that these questions have me stumped. Maybe in the coming months some space can be given to each of these in this column.

One of the most interesting problems which was raised at the Intercollegiate School concerned the elusive term "social responsibility" in connection with the religious reasons for not drinking alcoholic beverages. There will be future consideration of this when the various positions can be presented. Until then let it be suggested that Webster be consulted on the derivation and various shades of meaning of the words "social," "responsibility." Incidentally, digging into the "Dictionary of Religion and Ethics" would provide some interesting contrasts.

Well, this feature is cut short this issue because space is needed to present as much of the lecture and seminar material from the School as is possible. But next issue will find it here again.—S. F. K., Jr.

Knock's Knook

EDITOR'S NOTE: This is a new feature to appear each issue. The opinions expressed are those of the writer; readers' response will be welcomed.

THE LEAD ARTICLES of this issue express the idea that the recent INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES might be setting a new course. This may be, but as it points out, it's too early to know. I frankly wonder.

The past few days I've been "recuperating" from the SCHOOL on a farm in southern Virginia, and doing some thinking about the SCHOOL which was brought about by an interesting experience. The afternoon after arriving I reverted to one of my childhood loves—playing around in a small creek. What started out as a car washing task ended up in an effort to change the course of the creek. The better part of the afternoon was spent digging out a new channel for the water and attempting to force the flow to follow it. When we left we had succeeded and duly complimented ourselves. Later in the evening we passed the spot and found our handiwork as we had left it; the creek had been set upon an entirely new course and gave all appearances of remaining there. But during the night a rainstorm washed away the new channel and the creek was back where it had been for untold years.

Could the INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES, giving many indications of setting a new course, be washed into oblivion by the first stiff reaction which it will encounter? Again, it is too early to tell for the storm has yet to come. Some questions might be raised now which will have to wait for answers, but which ought to be in our thinking for the coming months. First, does the SCHOOL really meet a need of the college student and his leader of today? Second, was the format (as we call it in radio) suitable and the best? Third, if there should be any "follow-up," what form should it take? Fourth, if it is to be truly educational

(Continued on page 31)

THE
INTERNATIONAL

NOVEMBER,
1950

STUDENT

In This Number - -

College Student Guest
Editorials on—

“Social Pressure
Against Alcohol.”

Administration Building
State Teachers College, Kearney, Nebr.



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responsibility”

THE INTERNATIONAL STUDENT

November, 1950

HARRY S. WARNER, *Editor*

Vol. 48, No. 2

Council and Representatives: Stanley F. Knock, Jr., Yale Divinity School, New Haven, Conn.; Samuel Campbell (Univ. of Toronto), Toronto, Can.; Roger S. Haddon (Bucknell), Phila., Pa.; Adolfs Silde (Univ. of Riga), Marburg, Germany; Bo Nilsson, Karolinski Institute, Stockholm, Sweden; Henry C. Jacobs (Hope College), Grand Rapids, Mich. *Contest Secretary*, Edwin H. Maynard, Chicago, Ill.

COLLEGE STUDENTS WRITE ON THE SOCIAL PRESSURE OF ALCOHOL

A YEAR AGO it was proposed that the Roberts' EDITORIAL CONTEST of 1949-50 should offer to college students an opportunity to express their views on "Social Pressure Against Alcohol," following the contest of the previous year on "Social Pressure and Campus Drinking." This issue of the *International Student*, wholly written by students, represents the results.

These brief articles, editorial in character, are the independent expression of student thinking, after attention and some objective study has been given to the challenge in the contest announcement—"You know the answer." Prizes totaling \$500 in cash, and additional awards in scholarships to the Intercollegiate School of Alcohol Studies, were offered and given those standing highest in the opinion of highly experienced judges. A full report of writers, colleges represented and awards is found on page 35-36.

The LOGAN H. ROBERTS' contest series is a growing annual project of the Intercollegiate Association "to aid solution of the alcohol problem" by encouraging research, study and thinking to that end among college students. It is made possible by the generosity of Mr. Logan H. Roberts, Attorney, of the state of Washington, a former Intercollegiate Secretary of the Association.

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Hugh R. Lineberger
Second Honors



Dorothy N. Lloyd
Second Honors



John W. Scheurman,
First Honors

EDITORIAL CONTEST HONORS OF 1950

THEME: "Social Pressure Against Alcoholism."

Announced at The Intercollegiate
School of Alcohol Studies, September 1, 1950

FIRST HONORS, \$200.00

The Disapproving Eye, JOHN W. SCHEURMAN, Sidney, Nebr.;
State Teachers College, '50, Kearney, Nebr. In 1950-51 a graduate student
at the University of Wyoming, Laramie.

SECOND HONORS, \$50.00 each

Social Pressure Against Alcohol, DOROTHY N. LLOYD, Durham,
Kans.; McPherson College, '50, McPherson, Kans.

Liquors Death of a Party, HUGH R. LINEBERGER, Westerville,
Ohio; Ohio State University, '50.

THIRD HONORS, 10 at \$20.00 each

Educated Alcoholics, JOHN C. KORSLUND, Kearney, Nebr.; Nebras-
ka State Teachers College '50.

Alcohol; A Social Tradition, REUVENA DIELMAN, Oskaloosa, Iowa;
Calvin College '53, Grand Rapids, Mich.

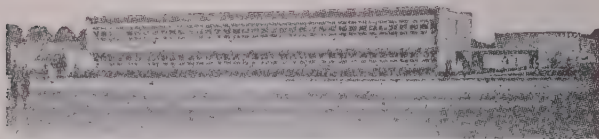
Effect Social Pressure Against Alcohol, ADEBAYO S. OJEBUVOH,
Sierra Leone, West Africa; Philander Smith College, '53, Little Rock, Ark.

So You're Going to College, ROBERT C. GREMMELS, Oelwein, Ia.;
Wartburg College, '52; Waverly, Iowa.

Teetotalers on the Offensive, ROBERT LEE ANDRICK, Buckhannon,
W. Va.; West Virginia Wesleyan College '50; Buckhannon.

True Men of Distinction, CHARLES E. SHIELDS, Silver Spring, Md.;
Yale University '53, New Haven, Conn.

JUNIOR COLLEGE STUDENT WINS A RANK



Yakima Valley Junior College, Yakima Wash.

"The Missing Link in the Solution," is the significant title in the Editorial that won Alexander Wanner, Yakima Junior College, Yakima, Wash., a high place in the Honorable Mention awards in free competition with students in standard colleges. See page 59.

Stop Alcohol with Positive Action, FRANK M. GRITTNER, West Ashland, Wis.; Northland College, '50; Ashland, Wis.

Which The Student or Alcohol?, EDWIN MACKLIN, Ashland, Wis.; Northland College '50.

Social Pressure—The Most Effective Force, EUNICE BLAIR FLOYD, Raleigh, N. C.; Greensboro College, '50, Greensboro, N. C.

It's Up to You, RICHARD M. CLARK, East Lansing, Mich.; Grinnell College, '50, Grinnell, Iowa.

HONORABLE MENTION

The Missing Link in the Solution, ALEXANDER WANNER, Yakima, Wash.; Yakima Valley Junior College, '53; Yakima, Wash.

Social Life, Alcohol Free, FORREST L. WHITE, Gloucester, Mass.; Gordon College '52, Boston, Mass.

They Who Walk in the Valley of the Shadow of Death, WILLIAM SMITH, Baker University '50, Baldwin, Kans.

Football Players and Angels, HERSEL SHANKS, Haverford College '52, Haverford, Pa.

Accent the Positive, PHYLLIS J. SIEBLER, Loupe City, Nebr.; State Teachers College '51, Kearney, Nebr.

Social Pressure Against Alcohol, RUTH FOGERTY, Galt, Ont.; Canada; McMaster University '52, Hamilton, Ontario.

Wanted: New Social Pressures, LILLIAN EITEN, New York, N. Y.; Calvin College '50, Grand Rapids, Mich.

Social Pressure Can be Applied on College Campuses, LESLIE BARNUM Natchitoches, La.; Southern University '52, Baton Rouge, La.

Just Two Drinks, AUDREY LOCKENOUR, Cambridge, Nebr.; State Teachers College '51; Kearney, Nebr.

Community Church Organization is a Force Against Alcoholism, ROBERT WASHNIESKI, Northland College '52, Ashland, Wis.

JUDGES

Dr. Joy Elmer Morgan, Editor, The Journal of the National Education Association, Washington, D. C.

Mr. Irvin F. Duddleson, Publisher; Oxford, Iowa.

Prof. Donald M. Pace, Chr. Dept. of Physiology and Pharmacology, University of Nebr., Lincoln, Nebr.

The Disapproving Eye

By JOHN W. SCHEURMAN,
State Teachers College, Kearney, Nebr.

AN INVETERATE DRINKER lay in a hospital with a broken leg and two broken ribs—the result of jaywalking across a street while under the influence of alcohol. His friends were, like him, in the heavy-drinker category. They came to see him frequently—and always brought with them the little flat bottles of “just what the doctor ordered,” i.e., hard liquor. Time after time they offered him drinks; time after time, strangely enough, this habitually heavy drinker refused their offerings—absolutely refusing to touch their “elixir!” Why? Not because he feared the hospital regulations against drinking, but because **he feared the social disapproval of the doctors and nurses who attended him!** In short, this inveterate imbiber of alcoholic beverages feared the **social pressure** which would be brought against him by persons whom he respected!

Like the hospitalized drunkard are the persons who restrain themselves from their usual habits of profanity and low grade morality before a minister; instead of the accustomed “By God!” it is “By Golly!”; instead of the habitual, explosive “Damn!”, it is the milder “Darn!” Why? Again not because they fear the minister’s wrath, but because they fear his disapproval—because they **feel the social pressure brought to bear on them by the minister’s presence!**

In the light of the preceding two examples and a myriad more similar to them, I maintain that **social pressure against alcohol** is far more effective than the social tolerance of drinking which fosters alcoholism.

If social pressure against alcohol can be so effective, it is apparent that our present methods of registering social disapproval are inadequate, because the rise in popularity of drinking continues unabated. I submit that there are three major reasons for this inadequacy.

First, the educative material about alcohol distributed

by persons and organizations interested in temperance is not reaching the persons for whom it is intended. Who reads the temperance publications? Not the barfly, nor the "dregs of society" alcoholic, nor even the "sporty" social drinker. The persons who read the material eagerly are almost invariably just the ones who do not need the facts.

Secondly, from the social drinking collegian to the habitual drunkard, the temperance movement is ridiculed and belittled. The drinker can always find more persons **enthusiastically** endorsing drinking than he can **radically** opposing it. In this connection, there exists a sizable middle group between the two extremes which neither condemns nor condones the use of alcohol; perhaps with this group lies an opportunity for the workers of temperance to sway a good share of public opinion. To convince this group of the harm alcohol can do is to enlist a potent ally in the struggle to exert social pressure against the use of alcohol.

In the third place, on college campuses as well as elsewhere in the nation, the workers of temperance are far too often inordinately severe in their arguments against alcohol; they threaten the users of alcohol with bad health, ruined minds, low morals and sundry other evil ends—all of which are undeniably true. But can they hope to achieve their goals—however noble—with this sort of psychology? Early day preachers often threatened their flocks with Hell Fire and Damnation if they didn't live decent lives. But it was not this fear psychology that prompted their congregations to live wholesomely; rather, it was because the society in which they lived controlled their behavior, because that society frowned upon immorality and corruption. By the same token, then, drinkers cannot be reformed by threats; they must be dealt with gently and with understanding, as Alcoholics Anonymous deals with the persons who come to it for help. But they must also be made to realize that society frowns upon them if they drink.

The major job which lies before our temperance movement, then, is one of turning social pressure against al-

cohol. In the colleges of America are the leaders of tomorrow; the leaders of tomorrow are the only persons who will have the power to encourage society to exert its influence not in favor of, but against alcohol. Our American collegians must convince society to turn on alcohol the disapproving eye.

Social Pressure Against Alcohol

By DOROTHY N. LLOYD,
McPherson College, McPherson, Kans.

WE HEAR A GREAT deal about the social pressure that encourages people to drink. Young people who use alcoholic beverages urge their acquaintances to try a drink. If they refuse, or if they react in normal fashion to the objectionable taste, they are branded as weaklings, and classified as much inferior to their drinking contemporaries. There certainly is social pressure for alcohol. To judge by the fiction of this era, one would suppose that all American society accepted wines and liquors as a part of the pattern of life; that some drink graciously and in moderation, while others find themselves far too dependent upon its drugging effects; but that all expect to find this type of beverage served at the homes of their acquaintances and friends. One would never suspect that there are large groups of people who do not take the use of alcohol for granted, and who vigorously oppose the enslavement of any of their number by this unfortunate habit.

That such groups of people do exist, I can testify from experience. There definitely is social pressure against alcohol. I have experienced it in every community in which I have lived. I have never been a part of a social group which looked with favor upon the use of alcohol, although a few individuals within the group might have different opinions. I have never even considered using

alcoholic beverages, but this is no indication of special strength of character, for I have never been under pressure to do so.

Social pressure against the use of alcohol is not confined to any particular geographical area within the United States. I have found it in each of the five states in which I have lived. It reaches at least from the conservative eastern coastal area to the forward-looking mid-west, and, I strongly suspect, is found among the people of many communities in every state. Those whom I have known have been people with a rural background. In one instance, the group lived in a large city, but nearly all of its members had moved to the city from rural areas. That may be significant; it may not be. Perhaps certain groups of city-dwellers also exert social pressure against alcohol. Those of us who have grown up on the farm are inclined to expect city folk to approve the use of alcohol, but this may be a misconception, due to lack of knowledge.

Economic factors may enter in. We are led to believe that the very wealthy exert social pressure in favor of alcoholic beverages. We know that the very poor often seek solace in alcoholic oblivion. Those whom I have known to frown upon liquor have been neither rich nor poor. None of them owned great estates. None lived in the squalor of the slums.

Probably of greater significance is that these people shared a common religious belief. They were all members of one or another of the Protestant denominations. Most of them were fairly active in the work of some church. They recognized alcohol as the enemy of the good life. They agreed that it was better to let it alone entirely, than to risk alcoholism, with all its degrading effects.

Human personality is far too precious to be exposed to the dangers of alcoholism. On the other hand, we do not wish to crush individuality by too much restraint. In some groups, social pressure may be so strong that the individual has a sense of frustration. His innate desire to express his own feelings, and to make his own decisions, may drive him to run counter to his social group in many ways, including the one under discussion. We are told

that many young people first begin to drink because they are revolting against a limitation on their freedom. It may occasionally happen in that way. In general, however, the young person is eager to earn the respect of his associates. The young man whose acquaintances disapprove the use of intoxicating beverages, is very likely to find his life complete without them, while the young man who meets great social pressure to drink in moderation, is almost certain to complicate his life with all the problems that accompany the use of alcohol.

The opinion of the group is important to us. Social pressure against the use of alcohol is a much more powerful force than most people realize. It has been quietly at work, through the years, keeping segments of our population relatively free from alcoholism. Let us not waver in our faith, nor hesitate to make our views known. Alcohol is a subtle enemy, but public opinion is a dynamic weapon.

Liquor -- Death Of A Party

By HUGH R. LINEBERGER,
Ohio State University, Columbus, O.

LET'S FIGHT STUDENTS!!! LET'S PROVE THAT DRINK IS THE DEATH OF A PARTY INSTEAD OF THE LIFE OF A PARTY. Let us once and for all eradicate liquor from the campus party. We all know the traditions of drink on the American college campuses from observation or personal participation. We all know the problem and it has been described in a multitude of ways, yet nobody apparently takes heed. Let us ourselves take the initiative and have clean, wholesome non-alcoholic good times.

On Homecoming Eve at Ohio State University, my own campus, practically every fraternity and sorority was participating in a party, either giving the party or guests at a party. The University prohibits alcoholic beverages at fraternities and sororities, but as we all

know there are ways of getting around such regulations, which are not rigidly enforced anyway. On this particular night the social chairmen did not have to find ways to get around University regulations for usually the lid is lifted for this celebration. Liquor and about every other intoxicating drink imaginable could be had for the asking in most any fraternity or even in the street for that matter, for the gigantic party covered most all of Ohio State's famed fraternity row, consisting of some eight city blocks. Actually it was just one mammoth beer party making periodic rounds to all of the fraternity houses, stopping momentarily to speak to friends while gazing at striptease artists or stealing kisses from some unknown girl. Then the inevitable thing happened. The same thing that happens whenever liquor-crazed humans get together—**death!!** James Heer, a Delta Tau Delta fraternity pledge, drunkenly shot and killed his own fraternity brother. James Heer was just recently sentenced to life imprisonment for second-degree murder. The same thing happened just the year before when Dan Radiger, varsity center for the Buckeyes of Ohio State, was struck down from behind by an automobile driven by his fraternity brother. Dan was pushing another car when struck. Both had just come from a fraternity party held at a country club and neither were fit to drive.

Who is to blame for these conditions is not our immediate problem, although that is quite a problem and various organizations have been fighting it for years. Our problem is to set standards that will provide clean wholesome entertainment and recreation. Our problem is to have campus parties free of all forms of alcohol. Our problem is to have fun at parties instead of brawls. Let us attack this problem from the inside instead of from the outside. Let us build up **Social Pressure Against Alcohol.**

Parties held on the college campus often are not well planned. They merely order a couple of cases of beer, several bottles of liquor, dim the lights, turn on the record player, dance half an hour, exchange kisses, neck, make a few passes at the date for the night, tell spicy

jokes, drink until drunk or near drunk, and then take the long way home after sexual passes are attempted and often successful. The social leaders should carefully plan the entire evening of hilarious fun. Beginning with the introduction of all present and a few minutes for getting acquainted the party should then follow a set schedule. Dancing for those who care, bridge or canasta for others and chairs for those who just want to converse. Things should then be interrupted and the host fraternity should present a series of short skits. The host then should have a good supply of refreshments for all and dancing then resumed, with the party breaking up around midnight or one o'clock. With such a course of events parents know their children will arrive home safely, health not impaired and everybody happy.

With the help of a congenial social leader the college campuses can have good, clean, non-alcoholic entertainment and recreation. We college students must take this step ourselves, lay sound plans for our parties, offer entertainment and recreation based on associations with our fellow students and not based on alcohol. We must throw parties where life can be enjoyed — NOT DESTROYED.

Alcohol: A Social Tradition

By REUVENA DIELMAN,
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YOU MAY GO OUT with those fellows if you wish, but you'll lose our respect forever!" The scene, an average American college campus; the occasion, a popular co-ed has been asked for a date by one of a group of fellows who think it smart to drink; the speakers, some of her college friends. This incident illustrates a social pressure which, if encouraged, could deal a severe blow to the use of alcohol on the campus. If all co-eds refused dates with men who persisted in drinking, the use of alcohol would become increasingly unpopular.

This habit of drinking on the college campus is an age-old social tradition. The custom itself stems from a false dignity which is placed upon the use of alcohol. Students are actually led to believe that "everybody is doing it" and that the alcoholic habit is almost essential in order to be the properly sophisticated student. They are more concerned about social approval than they are about the level of their morals.

Much of the fault for this situation lies in wrong basic thinking, and herein, also, lies a partial solution to the problem. Cannot the student be made to realize that social drinking is not so smart, and that there are many nice students who do not indulge in alcohol? If this matter, together with the low level of standards it reveals, were brought out into the open, could not the tide of student opinion be swung away from social drinking?

Destructive social tradition must, then, be replaced by more worthwhile activities. If campus drinking is to be abolished, schools must provide wholesome entertainment to counteract the alcoholic way of life. A sound recreational program, organized student activities, clubs, intramural athletic programs! Under able leadership, these could help a great deal toward a proper solution. More organized campus activities are a must. Let the students know that their college is interested in them by its endeavor to provide a consistently high type of entertainment.

Social custom on the college campus is the forerunner of social activity in modern American life. The practices which fill a college career will undoubtedly be continued in later life. Can we afford to tolerate campus drinking and thus create a basic disorder in society? No! We can not. It is the duty of each and every one to check this menace before it grows any larger. If indifference is the student's attitude, persuade him to join with those who do not engage in drinking and to wage a campaign to purify the campus of alcohol.

What must be done about those students who pursue this so-called social tradition? Ignore them! Let them be! If they see that the respect for character is placed upon

those who refuse to drink, they will begin to change their attitude. They only wanted social approval in the first place. If they find that social boycotting is the consequence when alcohol is used, these students will sit up and take notice. They are striving for popularity and will not consent to be ostracized from campus circles. Drinking will become unpopular as fast as it first became popular.

Is your school spirit strong enough, then, to back up this campaign against alcohol on the campus? And is it a true school spirit? A true spirit will seek the best interests of the school and will work to raise its standards. Only when the glamour is taken away from alcohol on the campus can this social tradition be abolished.

Educated Alcoholics

By JOHN C. KORSLUND,
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OUR COLLEGES are turning out educated alcoholics. Of the entire adult population in the United States, 65 per cent are drinking and, authorities point out, the extent of drinking is directly proportional to the amount of education received. In other words, those with less than a high school education are drinking less than those with high school or college diplomas. This problem, as manifested on the campus, is both a serious and curious one.

Almost all of us have heard of the drink-created crime in addition to other human waste which is resulting from campus drinking. Recently a student shot and killed his fraternity brother because, he said, "when I drink I get trigger happy." Another case involved a student who choked a girl to death. Witnesses related that he was in a fit of jealousy and intoxicated. The problem, of course, is nation wide, and in this post-war era, we are suffering from a reckless and indiscriminate leveling down of all our social and moral values.

Americans now spend \$8,770,000,000 annually for alcoholic beverages. At the same time, the total for educational, social, religious, and cultural progress stands at \$8,447,683,834 or \$322,316,166 less than the total amount spent in the United States for alcoholic beverages during one year. What is wrong? Are we experiencing a widespread crisis in character?

Well, for one reason, it seems to me, educational pressure is not being utilized as it could be. Education, which can do the most to alleviate this situation, is standing by helplessly. By education I do not mean just the classroom approach, but all those responsible agencies which may aid in the discipline of the mind or character.

Our present colleges need a compulsory course on the harmful effects of excessive drinking to mind and body. Such a course would help in breaking down social tradition. Programs of entertainment and recreation should be presented in strong competition to the drinking parties of students. Also, a systematic education in self-control must set in; the drunkard must not be tolerated under any circumstances and every college or university should codify rules against him. As long as drinking means apparent pleasure to the imagination of many, drinking will constitute a problem. One duty of all educators is to assist in re-educating those individuals on the disastrous effects of drinking. The social habits in the sphere of drinking must be reshaped.

Alcoholism is the result of many varying factors: There is no single focal point at which effort may be concentrated. Theoretically, complete and effective national prohibition could wipe out the problem at a stroke. Experience has shown, however, that such an ideal is difficult to attain in the face of existing social organization and current popular attitudes. Yet, **very definitely, some** regulation is needed. Some young people are wise enough to look forward to consequences and weigh sanely life's values, but many are affected by the general opinion of their social group, many are swayed by what "everybody does."

In an effort to save the student body from being victimized by drink, a ban should be placed on the drinking of alcoholic beverages at student social functions, including fraternity and sorority parties. This step has already been taken by some universities, it should be universal.

Besides regulation, each of us, as individuals who care, must be active in our pressure against the problem of alcohol; when we are in a group that is drinking, we should not only refuse to "go along," but should let them know what we think about drinking. Yes, we may lose some friends, but the good that we do will more than compensate. The attitude toward alcohol comes from within the individual: Hence, by an intelligent educational program on the part of organizations and individuals, we can lower the number of educated alcoholics that our colleges are graduating each year.

Effect Social Pressure Against Alcohol!

By ADEBAYO S. OJEBUOVH,
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WHAT IS SOCIAL PRESSURE? Alcohol? Why do we want to effect pressure against alcohol? How can we do this? What? Why? How? These are the most crying questions which present themselves in a consideration of alcoholic drinks. And they need answers, good answers.

Social Pressure, as defined by Arthur Evans Wood, means "effort directed toward individuals and groups with the purpose of modifying their behaviors to attain certain clearly defined goals." Alcohol (ethyl alcohol, C_2H_5OH) is a chemical compound of carbon, hydrogen, and oxygen, sometimes called the spirits of wine. Since we now have a fair knowledge of the meaning of Social Pressure and the nature of alcohol, we can proceed with the why and the how of effecting Social Pressure against

alcohol. It is the use of this spirit and its menace that all should fight.

There are at least 750,000 addicts, two to two and a half million excessive drinkers, in the United States.¹ All of them are either physically or mentally or physically and mentally sick. Considering the effects of alcohol on the 750,000 addicts, scientific investigations show that: (1) the functioning of the brain and nerve centers are depressed; (2) the mental, emotional and spiritual activities are retarded and disturbed; and as a result the "man and his personality are changed" for the worse. There is need for cure and prevention of the spread of the "disease;" already the "carriers" are increasing at a noticeable rate every year.

Alcohol is wrecking the morality of our country, of the world; alcohol is wrecking our regularity of behavior; alcohol is deteriorating cooperation, caution, accurate responses, timing, sharp discrimination and acceptance of responsibility. The existence of our society requires those things that alcohol is threatening.² Are these the entire ills of alcohol? No. It depresses certain inhibitions, tensions, to create morbidness, over sensitiveness, and to serve as a decisive factor in the existence of other disease. The matured alcoholic is a sinner against society and God. Alcohol is "a very serious health problem," says Dr. Lawrence Kolb.³ "Alcohol caused more deaths in 1937 than any one of the thirty-one infectious diseases," concludes Dr. George W. Gray.⁴ Now, what sounder reasons do we need for annihilating this vicious alcohol and its dreadful results? None. How can we? One of the best methods is to effect social pressure against alcohol. But how can this be done?

It is very hard to influence the conscience of adults. Therefore, we should concentrate most of our efforts on: children, in the grammar schools; boys and girls, in the high schools; young men and ladies, in the colleges. Mold them against the use of alcohol by organizing societies which would foster "no alcohol" in all schools, and in children and adult Sunday schools let us taboo alcohol, let us appeal to their conscience. In trying to in-

fluence the children emphasis may be laid on effects of alcohol on the brain, on morals, and on God's attitude toward addicts. Special care must be taken in educating the children of the upper and middle classes. Their class status may incline them to be indifferent. The upper- and lower-middles who are mostly concerned with ethics and morals should be influenced. And many of them should be encouraged to enter the upper class so as to be able to influence that minority. Fraternities and Sororities would help if they embark on the enterprise.

Another means is through the press. But this is one of the most difficult as well as effective methods to effect pressure against alcohol. It is very difficult because among those who control the press are addicts, and their advertisements of alcohol bring them thousands of dollars. This means that we must get many more newspapers like the *Arkansas Gazette*, which never carries such advertisement. After educating the minds of the public, of the House of Representatives, of the Senators, of the Cabinet, then the Prohibition Act may be passed. Now let us face it squarely.

¹Jellinek, E. M., "The Problem of Alcohol," *Alcohol, Science and Society*.

²Bacon, Selden D., "Alcohol and Complex Society," *Alcohol, Science and Society*, 23.

³Warner, Harry S., *The Liquor Cult and Its Culture*, quoting Dr. Kolb, 40.

⁴Gray, George W., *The Advancing Front of Medicine*, 326.

So You're Going To College

By ROBERT C. GREMMELS,
Wartburg College, Waverly, Iowa

SO YOU'RE GOING to college next fall! Then you hold the key to the solution of the campus drinking problem which faces American colleges and universities today.

No doubt you are already forming plans for your college career. You probably have a general idea of the

courses you will take, where you are going to room and board, and the approximate cost of your first year of college. And if you are a normal high school student, you are naturally looking forward to the good times which go along with college life.

But have you given much thought to the kind of good times you want to have at college? Do you want to go along with the gang and be "one of the bunch?" Do you want to be a "frat man" or a "sorority gal?" Do you want to be an athlete? Whether these activities interest you or not, you undoubtedly want to be accepted in college society. And this fact brings us up to the big question—are you going to drink?

Today you are a senior in high school—one of the "big wheels." You and your classmates "run things." You set the examples for those behind you to follow. Tomorrow you will be a college freshman—a nobody. You will be just "another fish in the stream." You will have a big adjustment to make, and the way in which you make this adjustment may influence your entire life. And perhaps the biggest question you will have to decide is whether you are going to drink.

Drinking among college students has become a socially accepted thing. In fact, society encourages it. Student entertainment often centers around alcohol. Drinking is now looked upon as part of belonging to fraternities, sororities and other such organizations. In some colleges, a student who does not drink is often considered anti-social.

So you see where this puts you. You have to decide whether you want to follow the mob, drink up and be a jolly good fellow—or use your better judgment and be different. And being different is one of the most difficult things in life. But you can see the situation now facing American higher education. If you and the rest of next year's college freshmen follow in the footsteps of those before you, this situation will get worse. The only solution is for you and your classmates to change the trend of college society by not drinking.

There is no need to tell you about the evils of alcohol;

you already know them. You know about the millions of lost jobs and broken homes caused by alcohol each year. You know about the fifteen thousand Americans who die annually of acute alcoholism. You already know about the billions of dollars wasted annually on liquor. And being an intelligent young American with a college career ahead, you know that alcohol has no useful place in your future.

But what can you do against such great social pressure? YOU, with the help of all college freshmen of next year, can destroy this social pressure. You can help build up a social pressure AGAINST alcohol. In regard to college society, it is usually a case of "majority rules." Next year you will be a member of the largest class in the college you attend, for on virtually every campus, the freshman class is the largest of the four. In most colleges the freshman and sophomore classes combined make up about two-thirds of the student body.

Next year, if you refuse to drink and your classmates do likewise, you will thereby start the ball rolling toward a non-alcoholic college society. And with the help of the class which follows you, non-drinkers will compose a great majority of the student body. If you and everyone else work together, college society will become what it should be.

This is no easy task. It will be difficult and will take time. But you can see how important it is. YOU can be a big factor in the foundation of non-alcoholic college society.

On The Offensive

By ROBERT LEE ANDRICK,

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LET'S FACE IT—society and social custom of today have placed the non-drinker on the defensive. Distillers and prominent advertising concerns are taking advantage of our desire to conform. Advertising does play a strong role in all of this subtle maneuvering to

crush any opposition to alcohol but the leading role is played by the victims. People who don't have a dime invested in the commercial aspect of alcohol will praise it to the skies and work harder than many paid salesmen in converting others to the use of alcohol. What is the reason for this malicious propaganda that ranks with that of Hitler in its viciousness? My answer to that question is that the supporters of this lie want to shout it so loud and long that it will gradually be accepted as the truth.

I have been subjected to these verbal barrages in the army, college, and elsewhere. Their persuasive arguments usually boil down to this final question. Everybody else drinks, why should you be an exception? This always leaves me with a sense of pity toward the person who rationalizes his drinking in this manner. To think that a person will sacrifice his reasoning powers just because he doesn't have the courage to buck a so-called majority. We are told the majority in the South favor "white supremacy." Does this make it true simply because more are in favor of it?

One morning about one a.m., I helped take two young men to the hospital. Their car had run into a train and they miraculously escaped with their lives. In the front seat of the battered car was an empty whisky bottle. Both of them told me they would never touch another drop of whisky. I would like to relate that they have kept their promise but since this is real life and not the movies, I regret to say they haven't. Maybe Hollywood and our radio comedians get laughs out of those who drink but it leaves me cold. I live in a mining district and have seen children go hungry and improperly clothed because their dad was a slave to a bottle. Could this be the same product endorsed by men of distinction? Men of extinction would be more appropriate.

In college, I have seen drinking bring unhappiness to many. Men and women naively think that alcohol is the panacea for all their troubles. Sports events are becoming more and more just some place to go and drink. Most of the riots at football games are instigated by drunks.

Fraternities are often used for private drinking clubs and many join because of this exclusiveness. High school seniors look on in envy at college students. Some of the examples set are often bad, due mainly to the presence of drinking. These advocates of drinking would have us believe that you have to drink to have a good time. There are approximately forty-five million drinkers in the United States. Nine million of these are symptomatic drinkers and three million can no longer leave alcohol alone. They are having a wonderful time if you like pan-handling, broken homes, and road houses or night club brawls. One habitual drunk was sober one night and he remarked that he was having the time of his life watching other drunks make fools of themselves. He had found that happiness and alcohol are on opposite sides of the fence.

Young people must have fun and relaxation; and if they do not find it in their own homes it will be sought at other, and perhaps, dangerous places. Too many people think they have to run someplace to have any fun. We have got to restore the congenial atmosphere of home life back into our pattern of living. Naturally Y.M.C.A.'s, playgrounds, pools, etc., are to be aided in any way possible. Wholesome recreation by youngsters means better adjusted adults. Organizations like the Boy Scouts, Girl Scouts, 4-H Clubs, and others of a similar nature are all fighting for these goals. We have got to attack the problem of alcohol in its infancy. Parents are becoming lax in moral leadership. There is grave danger in expecting ministers and a few organizations to do all the work. It is up to us who believe in these ideals to go to bat for them. This is no time for passive resistance. Proponents of alcohol are spending millions of dollars and working overtime to create new slogans for their product. Can we who believe in a more wholesome way of life afford to do less?

True Man of Distinction

By CHARLES E. SHIELDS,
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MODERN MAN is a gregarious creature and instinctively seeks companionship with others having the same desires and reactions. Modern age has brought an increase of educational opportunities and so has developed a larger group of people of intellectual individuality who, in turn, have become outstanding leaders in their fields of endeavor. These leaders are the ones that can be considered 'Social Pressure,' for how they lead, the groups will follow. Intelligence is basically derived from heredity; culture is built from environment and its contacts. Environment is, in itself, based on people and their actions, which again, reflects itself in the group action.

Life of today has given liquor a place in the social area of our lives because these leaders—of society, of the professions, of the economic world, and even of the government—have given alcohol prestige, which, in turn, causes man in all social classes to accept the use of intoxicating liquor as proper and fitting.

Liquor has never enjoyed such prestige as at the present time. Social barriers are more relaxed and liquor flows from the capital throughout the nation within these several social groups and levels. The insinuating advertisements now speak of the "Man of Distinction" because of this prestige. This insidious type of advertising can only be controlled through public opinion entailing the development of 'Social Pressure' against it. Still better would be for the true man of distinction, every true leader in our land, to recognize the fact that what they do privately or publicly, others will smugly imitate. To subdue this great cry for alcohol, to dim the spotlight on it, can best be accomplished if a proper sense of responsibility can be awakened in these leaders of our present world. True, several classes of the professions have been attacking the alcohol front, notably the ministry and the medical fields. Temperance has been almost fanatically

stressed by the ultra-conservatives, the W.C.T.U. and the church. However, now is the time for the leaders of all strata of life—society, the professional fields and our economic groups—to put up a dam against this flow of alcohol.

Humanity has already accepted the drunkard as a sick human being and is sponsoring treatment of him in hospitals or by the Alcoholics Anonymous. The drinker becomes a drunkard only after many years of imbibing, therefore, the main attack must be made with youth and through youth. Society must be led by the intelligent to place alcohol in social abhorrence. Society must view drinking as a condition of ill health in the identical manner that contagious diseases are now considered and treated. Our world leaders must turn the social attitude against this form of disease by banning it from their daily activities and its vocal sponsorship through the mediums of press, radio and television.

Social pressure has been with alcohol, now, 'Social Pressure Against Alcohol' is the best answer to this evil. The way to make the world clean and vital can be accomplished only if our leaders will take up this battle cry and create pressure against it. The individual leaders of each group of society must make themselves the examples. They know and have seen the results of hard drinking. They must focus the attention of the growing boy and girl to the real man of distinction and not to the contents of the unholy grail which these advertisements are sponsoring. The younger generation generally have not known or seen the disastrous results from alcoholic consumption for they are only at the experimental level. By placing alcohol as unacceptable in social circles, the younger generation, striving for approval and admiration from the present older generation, will no longer be induced to partake of liquor. Youth will follow parental and social leaders' examples. Can our world leaders accept the challenge of their responsibility and lead their followers to the understanding and privileges gained from temperate living? They must! Youth is worthy of the best example from our really true men of distinction.

Positive Action

By FRANK M. GRITTNER

Northland College, Ashland, Wis.

ON THE COLLEGE CAMPUS those get-togethers and functions which, by their very nature, exclude the drinking of alcoholic beverages are one of the strongest forces against alcohol. The great strength of this type of pressure is that it is not **anti** anything. It is, rather, designed for something; for entertainment, enjoyment, social intercourse, or combinations of these three.

The social function requires no array of horrible examples and scientific data to prove the fearsomeness of alcohol to alert young people who know of hundreds of ordinary and even successful citizens who imbibe frequently without any apparent ill effect.

This system has no one screaming "don't drink!" at individuals who have been conditioned from childhood to interpret the word "don't" as a cover-up for some exotic, often pleasurable activity. To the little child, "Don't get your feet wet" means to go and run through all the mud-puddles in the neighborhood. When the child gets a bit older and his parent says "Don't smoke!" that is the signal to get hold of a package of cigarettes and start smoking. In a college newspaper the column heading which says "Do not read this," is the most perfect assurance that nearly everyone will read the article. Thus to the youth, who regularly sees his favorite movie hero throw down a straight double-shot of 90 proof bourbon just prior to mopping up the barroom floor with a mob of vicious gunmen, the statement "Don't drink!" uttered by some old "stuffed shirt" is the final proof of the desirability of alcohol.

A good social activity does not include preaching. It merely affords objective evidence that alcohol is actually superfluous, perhaps even detrimental, to really having a good time. However, it lets the individual decide that for himself. In no case must he ever be induced to look upon

the function as a means to save him from the evils of alcohol.

This method of combatting alcohol is based upon the idea that students now drink because they lack a better way of furthering themselves socially. The existing dry social events, however, are not appealing enough to draw the young people away from the beer halls and drinking parties. There is neither a sufficient number nor variety of these non-alcoholic affairs. By social event I mean more than just a dance or "tea and crumpets" get-together. I mean anything that brings people together so that new friends and acquaintances can be made without the necessity of alcohol. This can be a girls' sewing circle or "hen" party; a game of basketball, volleyball, or ping-pong.

The college youth of today, who is the teacher and citizen of tomorrow, must be drawn away from alcohol. This can best be accomplished not by energetically demonstrating to him that the way of alcohol is wrong, but rather by giving him a non-alcoholic way to follow.

It's Up To You

By RICHARD M. CLARK

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YOU WOULDN'T CALL Fred a drunkard. Yet three nights this week he has visited the Maidrite for a few beers—not enough to make him stagger on the way home, but just enough to "relax." Well, relaxing is fine, but Fred is about to "relax" himself right out of school. While it is true that alcohol gives the drinker the impression of satisfaction or fatigue, Fred doesn't seem to realize that alcohol slows his reaction time and affects his memory and ability to learn.

After those few beers Fred finds it hard to settle down and think about tomorrow's assignments or the approaching deadline on that term paper. Even if he does drive himself to look over his next day's lessons he can't

remember what he is reading from one paragraph to the next. It isn't that Fred is dumb—his I.Q. puts him in the upper third of the class, but unless some changes are made he won't be around next semester.

You might ask why Fred, and the many others like him, come to college at all. Certainly if a student chooses to spend four years in acquiring a college education, and the money and effort which such an education costs, he should be willing at least to give himself a fair chance to learn. Fred isn't giving himself that chance. If he carries on the habits which he is beginning, he may become one of the 750,000 alcoholics in this country, but even now his problem is serious enough.

With all the means of recreation and amusement available on a college campus it certainly isn't necessary to drink to have a good time. Bowling, movies, golf, dancing, college clubs, and all the other activities open to students offer more fun than drinking, and the results are much more satisfactory. The student who can not find enjoyment and relaxation in one or another of these activities, but must always turn to liquor for satisfaction is already a candidate for Alcoholics Anonymous. But most campus drinkers are like Fred—drinking is not yet a necessity, but just a lazy, easy way to feel good for a while.

But Fred and other "casual drinkers" like him are paying too high a price for their good times, not only in money and time wasted from study, but also in the good times that they are missing in other areas. A college education is not all academic learning. Knowing how to use leisure time, developing new interests, and making new friends should also be part of the picture.

Look closely at your self and see if you are substituting the ease of drinking for more important things which take a little more effort. Weigh carefully and logically the question of how you can best use your time and energy. Without even considering the questions of health, habit formation, and morals often connected with drinking, logic will tell you that liquor isn't worth the bother.

But after you convince yourself, why not go a step further? You don't have to be a crusader, but if you

happen to know someone like Fred, maybe there is something you can do. Get him interested in some of the many clubs and organizations on campus, or find him a blind date.

It all boils down to a question of substitution. Drinking leads to nothing good—why not try something that does have worth? Can you afford the energy, time, and money which drinking costs? Or can your resources be better used in other channels? Can you help someone else find new interests, too? The decision is up to you.

The Missing Link Of The Solution

By ALEXANDER WANNER,
Yakima Valley Jr. College, Yakima, Wash.

“**H**AS YOUR SON’S college education proven helpful since you’ve taken him into the firm?”
“Oh, yes! We let him mix the cocktails every time we have a conference.”

This joke might be found in any typical college paper or humor magazine, and we ask ourselves the question, “Why do we joke so much about drinking?” The answer is because it gets a laugh. The desire of a person to be popular prompts many to use liquor as the means of attaining popularity. We all know that this social pressure prevails at most colleges and that in too many cases it has turned into social approval as well. The men, and the men alone, shoulder the cause of social drinking. Were it not for drinking men on the campus, there would be no drinking women. Like everyone else, many girls learn to drink to become popular with the men.

Analyzing the cause of drinking, we find the **only** way to prevent drinking is to change students’ (and adults’) idea of how to have a good time. Everyone that has become stimulated by anti-alcohol thinking has realized this fact; however, the stickler is how do you change people’s ideas of a good time. In what way can students

realize that they may have as much fun, if not more, without the aid of an intoxicating liquor?

We all know that avoiding the first drink is an important step in overcoming the drinking problem. We have been told and have witnessed the many tragedies alcohol can produce, yet willpower is weaker than the social pressure that hangs over us. Do we still **have** to be stupid enough to "learn by experience?" Can't we secure enough intelligence to avoid the folly of choosing alcohol as a companion? In attaining a realization of the harmful effects of liquor, perhaps the most important and the most neglected approach to the solution is religion.

In the education of a child the parents mold the better characteristics of a child by proving themselves good examples. The child needs to be shown the advantages of living a good clean life and becoming a useful citizen.

It is obvious from the present trend of social acceptance of alcohol that the average college student has not been "trained in the way he should go." We have accepted drinking as a means to good times and not realized the truth about a wholesome life. The missing link along the way has been the neglect of God's wishes. In a Christian environment one realizes that he has a purpose in life and is not here only to gain earthly possessions and make his life just one big round full of good times. This realization **changes** one's outlook on life in every respect and tends to produce an adult who knows what to do to be happy.

"Student Or Alcoholic?"

By EDWIN MACKLIN

Northland College, Ashland, Wis.

THERE DEFINITELY are some, perhaps many social pressures acting against alcohol on our college campuses. These influences are much more subtle and hard to recognize than the pressures toward drinking.

One of the definite, but subtle social pressures acting against alcohol is the increased status being given to the

academically proficient student. More and more the real student is coming to be recognized and admired rather than the profligate and alcoholic. The admiration formerly given to the "ne'er do well" is rapidly shifting to the real student.

What is the tie-in between the recognition of scholarship and alcoholism? Simply that the two factors are incompatible. One cannot very well be both a student and a constant drinker. By student I don't refer to the loose term meaning the general body of people going to school, but rather to the scholar.

The goal of an increasingly large number of students is the attainment of academic honors—and along with those honors, an education that will equip them for a satisfying and productive life.

I fully realize that a degree of recognition has always been given the scholar. But much of it was cynicism, sour-grapes and scorn. The male scholar was often taunted by cries of "sissy," "fairy" and other derogatory tabs.

Now the outstanding man on the campus, the fellow known as a "good Joe" or "right guy" can be straight "A" and find that rather than having his scholarship decrease his social status, it increases it.

We all realize that the scholar should be acclaimed and admired more than the "no-good," but if, as in the past, general social opinion is in favor of the slovenly, then the greatest portion of students will attempt to conform to the social pattern which calls for being shiftless. But, on the other hand, when general social opinion recognizes the scholar as worthier the drinker will find himself losing social favor.

One of the chief reasons for the tremendous amount of drinking on our campuses has been simply the lack of anything else to do. After doing the minimum amount of studying required to pass, many of the students take off for the nearest beer joint or tavern to discuss, among other things, novel and effective ways of doing the least amount of work with the most credit.

If standards are raised, if society's acceptance falls upon the scholar, then many of the students would be

forced to stick to their books longer, to assimilate and really appreciate what they are learning.

Such is the case, I believe. Because college social groups have decided to give greater recognition to the student, the "alcohol absorber" is rapidly losing status.

The trend is subtle, but it is there! Constantly increasing and gaining momentum.

What can we do to help this encouraging pressure prosper? Primarily we must continue to give the proper perspective to the proper virtues. We must continue to hold the scholar as admirable rather than the profligate. Part of the answer might be more scholarships (on the basis of **scholarship**) and more honors to those who do outstanding academic work.

This is part of the answer to the menace of alcohol on our college campuses.

Social Pressure -- Effective Force

By EUNICE BLAIR FLOYD

Greensboro College, Greensboro, N. C.

THREE BASIC FACTS underlying the drinking situation in America today are significant in determining the most effective use of social pressure against alcohol. First, today beverage alcohol is accepted as a legitimate part of daily life not only by the wealthy and lower classes but also by a large part of the middle class and by women as well as men. Second, its toll in accidents and in destruction of physical and mental health is reaching serious proportions with 750,000 alcoholics and 2,250,000 inebriates in the country, not to mention the untold number of moderate drinkers whose efficiency is partially impaired. Finally, no amount of quoting facts and statistics, of moralizing, or of establishing government controls will make most of these drinkers give up the habit.

The key, then, to factors that will lead to sobriety is in

the actual reasons why a person drinks. The most common causes for beginning and continuing the drink habit are a desire to be one of the crowd, to win social prestige, to gain poise and self-importance, to find release from minor inhibitions, and to escape serious difficulties and defeats. For many drinkers the habit-forming power of the drug makes them slaves to it by the time they have run the gamut from pleasure to escape.

Since a part of these causes are rooted in social pressure to drink and others in problems for which alcohol has no real solution, effective social pressure for abstinence and responsible, creative living should go a long way toward eliminating the use of alcohol in many areas of American life. In the following four fields I believe such social pressure could have an important influence.

The crucial period for forming drink habits is between the ages of eighteen and twenty-one. Therefore, the most sensible place to begin in breaking the power of alcohol would be in preventing young people from ever using it. A home background that instills in the child and the young person a knowledge of the real danger of alcohol and a strong disapproval of its use as a beverage is the best insurance against his becoming a drinker.

Where such a background is lacking, it is the responsibility of the school, the church, and other interested organizations to so educate the young person that as a homemaker he will be a responsible guide for his children.

In every community parent, teacher, student and church group can use their influence to see that the high schools and grammar schools have an adequate program of instruction about alcohol not only in its effect on health but also in its importance in modern life as a psychological and as a sociological factor.

Second in importance to the home in directing the behavior of young people are the practices of their social groups. Youth groups in churches and those formed by such agencies as Allied Youth can use education, recreation, personality guidance, and the force of group disapproval to make drinking an unacceptable custom. In

colleges, sectarian student organizations, Y.M.C.A.'s, Y.W.C.A.'s and other groups with high standards can make non-alcoholic forms of recreation more attractive than drinking.

Thus, in using social pressure, it is necessary to show young people ways to be gay without being drunk; it is equally important to their future adjustment to develop in them the habit of facing problems realistically not of escaping through drink.

At the opposite extreme from the youth taking his first drink is the alcoholic and the heavy drinker. The time is long overdue for the public to realize that the alcoholic is a health problem and to meet this problem intelligently. Doctors, hospitals, and public health authorities, as well as others aware of the situation, must present this fact persistently and forcefully. When the moderate drinker has to foot part of the bill for adequate care of the alcoholic, he will realize that drinking is not an individual question but a social responsibility.

A factor that has been instrumental in the recent spread of the use of alcohol is high power advertising. A public opinion sufficiently aroused to force congress to pass legislation prohibiting interstate alcohol advertising (such as the Langer Bill recently shelved in the Senate) would go a long way toward limiting the influence of the industry. More than ten thousand letters received by senators during hearings indicate something of the current interest in such a measure.

Finally, there is a use of social pressure involved in all these other areas that I believe to be the most significant and indispensable especially with the moderate drinker. It is the power of one individual to influence another and slowly change customs. Those who do not drink must have so contagious a vision of a better world where beverage alcohol is outmoded that others will decide to experience more creative and mature living.

QUOTABLE QUOTES FROM THE EDITORIALS

Selected by DAVE ALKIRE,

Ohio State University

Maybe Hollywood and our radio comedians get laughs out of those who drink but it leaves me cold.

I live in a mining district and have seen children go hungry and improperly clothed because their dad was a slave to a bottle. Could this be the same product endorsed by men of distinction?

There are approximately forty five million drinkers in the United States. Nine million of these are symptomatic drinkers and three million can no longer leave alcohol alone. They are having a wonderful time if you like panhandling, broken homes, and road houses or night club brawls.—“**Teetotalers on the Offense.**” Robert Lee Andrick, West Virginia Wesleyan College '50.

The individual leaders of each group of society must make themselves the examples. They know and have seen the results of hard drinking. They must focus the attention of the growing boy and girl to the real man of distinction and not to the contents of the unholy grail which these advertisements are sponsoring.

Youth is worthy of the best example from our really true men of distinction.—“**True Man of Distinction**”: Charles E. Shields, Yale University, '53.

Today you are a senior in high school—one of the “big wheels.” You and your classmates “run things.” You set the examples for those behind you to follow. Tomorrow you will be a college freshman—a nobody. You will be just “another fish in the stream.” You will have a big adjustment to make, and the way in which you make this adjustment may influence your entire life. And perhaps the biggest question you will have to decide is whether you are going to drink—“**So You’re Going To College**”: Robert C. Gremmels, Wartburg College, '52.

Knock's Knook

WHEN A MAN gives you money for something which you have done for him, he naturally expects that you have done the very best you can. The more he gives you, the more he is sure to expect this of you. And rightly so. This issue contains the winning editorials from the Editorial Contest of 1950, for which \$500 in cash and \$500 in scholarships to the INTER-COLLEGIATE SCHOOL OF ALCOHOL STUDIES, held last summer, were offered. Clearly, some first-rate work should have been done for these awards.

In reading these editorials before they went to press it struck me that there was a lack of real scholarship. As you read in this issue be analytical and look for evidences of research, for sound presuppositions and for acceptable grammar. These are "Editorials," not just essays. The best evaluation which can be given them I think is to ask "Would they go in the editorial column of my campus newspaper?" If you think they would, why not test them out by asking your local editor to run them? (Permission can be obtained). For my part, I find very little evidence in these writings to indicate that any real effort was taken in preparing them. \$500 is a large sum of money to be giving away these days; certainly it should not be given away for anything less than first-rate writing.

The main point I wish to make, however, is not one of condemnation of the present winners, but one of exhortation for something better this year. The amount of money that will be offered probably will go up to about \$1200 to \$1700 and with it should go an increase in quality. This means just one thing, that to win this year, you are going to have to really "dig" before you write the final draft. The topic for this year is probably at the heart of the campus situation. So far as I know it is not discussed very completely in any one source. Ethics, science and philosophy all enter into the problem. Practical campus

life will determine the slant. This subject was chosen, partly because it seemed most vital and partly because it is impossible to write "off the top of one's mind" on such a subject and do a first-rate job. I think that every prospective entrant should read in one or two texts on journalism the appropriate references on editorial writing. Some of the entries in the past have been very obviously written without any knowledge of what constituted an editorial. In short, if you intend to win a prize in this year's contest then get "on the ball" and analyze the present winners, study the subject and learn what an editorial really is. If it can be published in a local campus newspaper the form is probably correct. Isn't it worth a little hard work to win enough money to pay a semester's expenses?

S.F.K., Jr.

Human personality is far too precious to be exposed to the dangers of alcoholism. On the other hand, we do not wish to crush individuality by too much restraint. In some groups, social pressure may be so strong that the individual has a sense of frustration. His innate desire to express his own feelings, and to make his own decisions, may drive him to run counter to his social group in many ways, including the one under discussion.—**"Social Pressure Against Alcohol"**: Dorothy N. Lloyd, McPherson College, '50.

Analyzing the cause of drinking, we find the only way to prevent drinking is to change students' idea of how to have a good time.

In a Christian environment one realizes that he has a purpose in life and is not here only to gain earthly possessions and make his life just one big round full of good times. This realization changes one's outlook on life in every respect and tends to produce an adult who knows what to do to be happy, who knows how to have a thoroughly good time.—**"The Missing Link of the Solution"**: Alex Wanner, Yakima Junior College, '53.

Enlarged Awards In The Editorial Contest Of 1950-51

● NEW FEATURES in the Editorial Contest of The Intercollegiate Association for 1951 include more cash prizes, through the Logan H. Roberts provision, and 15 Scholarships to the 1951 Intercollegiate School of Alcohol Studies.

The Intercollegiate Association is offering, also, guaranteed prizes in each of 20 colleges that submit, by arrangement with the Contest Secretary, twenty or more entries in a group.

*Theme: DRINKING: INDIVIDUAL OR SOCIAL
RESPONSIBILITY?
The Cash Prizes*

First	\$200.00
Second	150.00
Third	100.00
Fourth (two)	50.00 each
Fifth (ten)	20.00 each

The editorials are to be between 500 and 800 words in length, written in vigorous editorial style and submitted to the Contest Secretary by May 1, 1951. Bibliography and a packet of reference material will be available to those who wish it without cost. For information address:

EDWIN H. MAYNARD, *Contest Secretary*,
The Intercollegiate Association,
12 N. Third St., Columbus 15, Ohio

THE
INTERNATIONAL

JANUARY,
1951

STUDENT

In This Number - -

Social and Cultural Aspects
of Alcohol Drinking

The Great Delusion

Football Players and Angels

Proposing a New Advance

democracy
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over than
erty; it is
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CAMPUS
ENTRANCE
OHIO
STATE
UNIVERSITY,
COLUMBUS,
OHIO



THE INTERNATIONAL STUDENT

January, 1951

Vol. 48, No. 3

HARRY S. WARNER, *Editor*

Council and Representatives: Stanley F. Knock, Jr., Yale Divinity School, New Haven, Conn.; Samuel Campbell (Univ. of Toronto), Toronto, Can.; Roger S. Haddon (Bucknell), Phila., Pa.; Adolfs Silde (Univ. of Riga), Marburg, Germany; Bo Nilsson, Karolinski Institute, Stockholm, Sweden; Henry C. Jacobs (Hope College), Grand Rapids, Mich. *Contest Secretary*, Edwin H. Maynard, Chicago, Ill.

Enlarged Awards In 1951

ADDITIONAL cash prizes are being offered college students in the United States and Canada, this year, in the Editorial Contests of the Intercollegiate Association, a first of \$200, a second of \$150, a third of \$100, two fourths of \$50 each, and ten fifths of \$20 each—thus giving a large number of students an opportunity to win high honors. The total award, also, is higher than last year, due to the generosity of Mr. Logan H. Roberts, sponsor of the contests.

Theme: "Drinking: Individual or Social Responsibility?"

The papers are to be written in vigorous editorial style, 500 to 800 words in length, and submitted by May 1, 1951.

Regulations, bibliography and packet of information are ready for student writers, and information folders for instructors using this theme in their class programs.

Address, Edwin H. Maynard, Contest Secretary,
12 North Third St., Room 522, Columbus 15, Ohio.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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Quotable Quotes

From the Intercollegiate School of Alcohol Studies
Selected by Dave Alkire

MOST DRINKING begins in a social way, at a social occasion. But the end result is anti-social. Youth and adults seem to be intrigued by the paradox of the social urge of the first drink and the anti-social urge of the alcoholic.—Dr. Lawrence E. Vredevoe.

We have songs, poems, stories, plays, jokes about drinking and many of them support drinking. Many of us who don't drink sing the songs, tell the jokes, and so, constantly recognizing and maintaining this rationale, we give support to that which we consciously do not want to support. The culture of drinking is deep in our society, and it is not easy to get rid of it.—Dr. Carl A. Nissen.

You don't have to get drunk at a football game to turn loose, because a football game is one place in the American life where we tolerate people going hog-wild. And you don't have to get drunk to do it unless there is something wrong with your personality.—Dr. Albion Roy King.

I remember my first assignment in the police court with the drunks was a very bewildering and sad experience for me. Bewildering because any man who is somewhat conscientious becomes confused when he sits hour after hour and morning after morning and faces a parade of 50 or 60 a morning and on Mondays perhaps 250.—Judge Lewis Drucker.

Dave Alkire, '53, Ohio State University, attended The Intercollegiate School of Alcohol Studies at Otterbein College, August 27-September 1, 1950. He is giving part time, this year, as Assistant Contest Secretary of the Intercollegiate Association in the Columbus office.

THROUGH EDUCATION we have been able to harness the power of the waterfalls, the electrical currents of the air, the molecular energy of the universe, and the hidden powers of the earth. Does it seem absurd that it would be possible to harness and control the evils which surround the distribution and consumption of alcohol?—Dr. Lawrence E. Vredevoe.

The first in importance is a convinced and determined personal example. Nothing else equals that. No matter what else you do you are a coward, a failure as a citizen if you don't live your convictions.—Dr. Haven Emerson.

I would certainly endorse the idea of a doctor friend of mine who said that he had never taken the first drink because if he never took the first drink, he would never take the fatal drink—Dr. Albion Roy King.

The lower upper classes engage in excessive drinking. They are insecure. They are people who strive for a position which they don't own, their children are accepted by upper upper classes but they are not and the children know more about how to behave than the parents do and they feel very insecure.—Dr. Carl A. Nissen.

I think it is quite a tribute to the modern temperance movement that we have achieved a state of society in America after about 150 years of education and work and labor and prayer and all the other parts of reform in human behavior that approximately half of the adult people in the U.S. do not use alcohol in any form.—Dr. Albion Roy King.

You do not need to drink to be socially correct. There are certain forces at work to make college students feel that they must drink to be socially correct. Let's drive home the fact that you don't. You will find that the host who does not provide the non-alcoholic cocktail, is the one who is socially incorrect.—Dr. Lawrence E. Vredevoe.

Social and Cultural Aspects of Alcohol Drinking

By Carl A. Nissen, Ph.D.

THE TOPIC announced I shall treat as relating to alcoholic behavior and where it comes from; or, the social and cultural roots of alcoholic behavior.

There are always two ways of studying human life and human behavior. One, that of the individual was formerly used by psychologists almost entirely and is still used by some teachers and writers. It is a study of the individual as an entity in himself. Much has been achieved by this individualistic approach. But when it is assumed that the individual represents all that there is to it, we raise an eyebrow. Because all one needs to do is to look around and see how people behave. And the individual does not invent his behavior.

Behavior comes, rather, in large measure, in patterns; these patterns once established show resistance to change. You can argue about them, lecture about them, point out facts about them, be logical about them; people listen, they are convinced—and they continue to behave the way they learned to behave.

Society, therefore, must be studied also from these larger aspects. Such study is similar to that given to modern farming. A farm may be improved, not only by finding better seed, but also by **taking the sourness out of the soil**, spreading lime. This does nothing to the individual seed, except furnish a better environment, a better rootage, in which to grow. Granted a certain rootage, there is a limit to what may come from the

The lecture from which this article was condensed was given at the Intercollegiate School of Alcohol Studies, Otterbein College, Westerville, Ohio, August 30, 1950. Dr. Nissen is Professor of Sociology, Ohio State University, Columbus, Ohio.

seed. Much the same is true of man, of any behavior or culture which we have learned from the primitive ages.

Of course, there are many individual behaviors, individual peculiarities. Do you put on your left shoe first, or your right? Probably that is an individual peculiarity. It does not matter, you get them on eventually.

But these other behaviors are not as individual as that. For instance, I wear the approved kind of shirt, the approved kind of tie. The cut of the suit is the approved kind for summer, but there isn't a hotter suit in Columbus in hot weather. Suppose that a designer came out with a suit that has been scientifically designed to give the proper warmth as needed—and no more—who would buy it? Who would wear it? The same is true of our language. We have ways of spelling that are incomprehensible to those who have learned another language. I learned Danish first. When I went to school the boys taught me English words; my father would not let me use them at home. Spelling customs, speaking customs, eating customs, such as use of the fork—there are no whys for these behaviors; they are just behaviors learned from the past. We don't question them, we accept them, use them. Much of our religion is traditional, comes out of the past. If you start asking why, somebody will say it is beyond you, just believe. And that is the most satisfactory way about much of life.

Now drinking behavior is something like that. It came to this country with our ancestors when they arrived from Europe. About 80% of us have ancestors who in Europe lived in a culture in which people used alcoholic beverages. When they came to America they brought their habits, their manners and their drinking customs with them. In Europe each group had also its definite controls. They brought these controls also with them. But in America they did not have the cultural community that could support the controls; so the controls could

(Continued on page 90)

The Great Delusion

By Marian Sayre,
Willamette University, Salem, Ore.

THE 90,000 MEMBERS of Alcoholics Anonymous have done astounding, effective work—but theirs is a method of cure, not of prevention. Recognizing that liquor is aiding disintegration of our moral fibre and undermining our spiritual foundations as a people, most temperance groups continue to make feeble gestures toward combating alcoholism. Thousands of dollars are poured down the drain for “rallies,” where sincere men with vocabularies of yester-year convince church audiences of something they already know—but do not know how to combat. Bored student groups ridicule the evangelistic approach to the problem, and the scientific approach has been sadly overworked. For the “nice people” today are caught in a web of three prevailing attitudes:

(a) It's a joke; leave it alone, the problem will take care of itself.

(b) I'll keep my own opinion, it's a private affair.

(c) The situation is so bad, what can I possibly do about it?

Though we deny it, we are still deluded by clever propaganda which regards alcoholism as a joke. The drunkard is an amusing character; he enjoys himself. Our favorite stories often concern the bleary-eyed little man who staggers to a cocktail bar and says thickly, “Shay, buddy . . .” This theme is re-enacted with every conceivable twist in scores of plays, movies, and radio programs. In a warped sense of humor, we continue to

Condensed from an editorial on Social Pressure Against Alcohol, submitted by Marian Sayre, class of 1951, in the Roberts Editorial Contest of the Intercollegiate Association for 1949-50. Miss Sayre has served as Publicity Director in the Oregon Council of Christian Youth, the Willamette Campus Y.W.C.A., and other student organizations, in which, she says, the alcohol problem is given “prime consideration in our social action committees.” She attended the Intercollegiate School of Alcohol Studies at Otterbein College, in August, 1950.

laugh at the drunk who stumbles over the curb and shouts meaningless gibberish at the people passing by. But by no wild stretch of the imagination can we smile at the same drunk behind the wheel of a speeding car, or the alcoholic who strikes his wife in his foggy rage. The story of a once respectable soldier who, after a spree, kills a policeman at a busy intersection, is not material for a comedy. It is the tragic result of a strange disregard for life and property **which is accepted as an amusing quirk** in human nature.

On college campuses across the nation, the number of non-drinkers continues to dwindle. Even in a church related college in one community, the independent men held their Spring Formal complete with decorations and insinuations appropriate to the theme "Dream World of Dementia Praecox." Amid distorted pink elephants on the wall and the clever remarks about having such a dance on a campus where drinking is not allowed, the students and faculty patrons enjoyed an evening without the slightest realization of the implications. An evening of fun which ridicules the gravest problem we face in maintaining a nation of physically and mentally disciplined men and women shows poor taste and inconsistency with supposed high moral standards.

On these mental frontiers of America, the boy who goes on a two day binge because he has been "unpinned" by a college sweetheart; the fellow who loses next semester's tuition by drinking and gambling; the girl who goes to a rushing party and loses all respect and opportunity for a normal, happy life—are just part of the people it takes to make up a world! The students on the campus who do object excuse each incident by saying, "Well, it **was** funny" . . . or "It's his business."

It is sheer stupidity to believe in our highly mechanized age when proximity is inevitable that **anything** is one man's business. Surely radio, movies, and highly developed community organization have taught us that it is no longer possible to live in comparative isolation. Every move we make, every action, is for the betterment or detriment of our particular segment of society. Al-

(Continued on page 88)

Football Players and Angels

By Hershel Shanks,
Haverford College, '52

IT TAKES Christians to stifle anti-Semitism, whites to lick racial discrimination—and it takes football players to beat the alcohol problem!

A drinking fountain within walking distance of my school erected by a temperance society has driven—yes, driven—more of my fellow students to drink than all the temperance literature has kept from drinking. The social pressure behind the guffaws which this fountain evokes is too great for many a timid freshman to withstand. No college student wants to be a “goody-goody.”

So let's change the tenor and the tone of our college movement. Let's at least give a true picture of ourselves. We are not all “pantywaists.” We are not a “mirage of prohibition.” We are simply men and women attempting to deal intelligently with a serious problem. We are not against pleasure. We are not against sane good times. We are not against dating, and we are not against the proverbial good-night kiss. Let's remove the periphery from this alcohol problem.

How then can we correct this false picture? We can't just tell people we're not this picture I have painted. We must show them we're not.

The easiest way to do this is to enlist the “football players.” By “football players” I mean the men and women on every campus who in themselves are a social pressure—the athletes, the student council representatives, the editors of campus publications, the presidents of organizations. These are the leaders who now exert their active or passive influence for alcohol. Why not convert them, align them with our side?

Excerpts from an editorial on Social Pressure Against Alcohol, by Hershel Shanks, Haverford College, Haverford, Pa., class of '52, in the Editorial Contest of the Intercollegiate Association of 1949-50. This editorial won an Honorable Mention. Mr. Shanks attended the Intercollegiate School of Alcohol Studies at Otterbein College, in August, 1950.

A difficult problem? Not so difficult as it might sound. It simply means we must change our line of attack by putting renewed emphasis on the personal approach. An hour's conversation between a "football player" and a well-informed non-drinker will win a new convert faster than a dozen unread brochures. The personal contact method made by all-around men and women of our movement is the way to convince the social pressures of the worth of our cause.

A new personal approach with special consideration to what we are not as well as to what we are is the only reasonable approach in the light of the angelic aura that is constantly about us. Once we have removed this stigma, we may be surprised to find the "football players" just as amenable to our cause as the pre-theos.

I do not make these suggestions as a substitution. I make them as an addition to our present program. I do not suggest that we stop our other lines of attack on the alcohol problem. Instead I suggest we re-double our efforts. My suggestion of a personal approach with emphasis on what we are not presupposes an intelligent, well-informed non-drinker, a sincere and zealous interest in the problem, an organization to consolidate our gains, an education campaign on campus.

We must not abandon or relent our pressure on any of these. But by removing our barnacles we can invigorate and re-vitalize our college movement.

To those who realize the urgency of our task, these suggestions may seem a misfire. They are slow and plodding and negative in approach. But to those of us who are also practical, these suggestions will be a new way of building a strong, dynamic nucleus.

Once we have gotten over the hump of the "football players," our pressure will begin snowballing. Our revolution will be more than a name and an organization. It will be a reality!

Judge H. C. Kaufman of San Francisco Municipality Court said that 75% of the criminal cases could be traced to alcohol.—Judge Lewis Drucker.

Proposing A New Advance

In the Intercollegiate Association Field.

By Harry S. Warner

AMONG THE CHANGES in public attitude toward the alcohol problem, in recent years, the one that has most bearing on the college field is the prevalent feeling of indifference, that it is not important. That its cost in depleted personality and human lives can be compared only with that of war—such as is now raging—is not seen—or is evaded—in the general public, and therefore reflected in college communities. A few leaders, instructors and students are alert to it—but usually to no problem except the excesses of the drinking party or the alcoholic, dramatic product, man of in-distinction, of the drink system. These are recognized, but looked upon generally as exceptions.

The Alcohol Problem of today in the American scene, is too largely left to specialists, the psychiatrist, the A.A., the Salvation Army, the temperance worker, and not faced by college people as citizens with social responsibility. This attitude stands out in marked contrast with that among colleges twenty to forty years ago.

To meet this situation, from whatever source it may come, the Intercollegiate Association is now seeking—

(1) to confront the college life of today with the latest scientific information regarding alcohol in human living;

(2) to create educational situations in which the problem may be studied and discussed frankly, objectively, creatively;

(3) to include in such study opportunity to face the problem as a whole;

(4) to lay a foundation on which a long-time program may be built;

Condensed from a report of Harry S. Warner, General Secretary of the Intercollegiate Association for Study of the Alcohol Problem, September 1, 1950.

(5) to initiate an approach that takes into account the non-alcoholic way of life as normal and natural ;

(6) to create a philosophy of positive constructive action, in terms of the educational process of today, that is in accord with the results of accumulated knowledge, research and the social and spiritual needs of human living.

New Situations—New Activities

The Association recognizes at once that changes have occurred in recent years in, at least, the outward aspects of the problem in the ways that it appears to the present student generation ; also, in the assumptions, customs and fashions under which many have grown from childhood ; in the attitudes of many homes, colleges, and alumni groups ; in public prestige ; in the reactions that youth have to the propaganda—for and against drinking—that consciously and unconsciously have formed the patterns of boredom and indifference into which, when jarred by the hard realities of drunkenness, accident and tragedy, they and many other young people tend to find escape.

From this background, the Association has organized and tested, in the past three years, two new openings for enlarged service. They are, the Editorial Writing Contests under the Logan H. Roberts prize awards, and the Intercollegiate School of Alcohol Studies—the former to arouse interest and initiate study of the problem by students, and the latter to provide opportunity for more serious study and preparation for service under expert leadership, for meeting students from many colleges similarly interested, and aid intelligent decision regarding attitude and action.

Coordinated Program

By adding these projects to our long-standing service in the preparation and publication of educational material on the college level—pamphlets, monographs, and the results of student writing—and continuing *The "International Student,"* now beginning its 47th year, as the organ of the Association, and promotion of the use of speakers adapted to the college field, the Association has now rounded out, for the first time in its history, a com-

prehensive plan of educational activities on the alcohol problem to be offered to the colleges of the country. It is a coordinated program to aid study, discussion and instruction, designed to lead to creative action, each part of which is related to the other parts of what we are seeking to do among students and colleges.

Activities of 1949-50

Including the new activities, a view of the work of the past year may be seen as follows:

1. **Literature.** A constant stream of publications of the Association and selected from other sources, has gone to students, college teachers and workers among students. For example, in mid-winter "A Modern Approach to the Alcohol Problem," 1950 revised edition; "Students Who Think;" bibliography lists, marked copies of "The International Student" containing educational material and reports of successful methods; and miscellaneous items were sent without cost to 185 Westminster Foundations and Presbyterian college leaders; 200 Congregational-Christian college groups; 73 Baptist college secretaries; 193 Methodist leaders not on the regular mailing lists; to all Wesley Foundations and many Methodist student leaders on our regular mail list; to Christian Association leaders widely over the country; to 60 Ohio college YMCA presidents and secretaries; hundreds of other similar workers, many professors—this all in addition to packets of material provided for editorial contest writers, and the Intercollegiate School preparatory material, letters and bulletins.

In general the material offered has been designed to encourage study by individuals, instruction in classes and discussion in groups. One monograph—"A Modern Approach in Education to the Problem of Alcohol," several times revised, has had a circulation of 100,000 in recent years. Pamphlets by many writers have been distributed. The book, "The Liquor Cult and Its Culture," sent free to editorial writers this past two years, has been used also as text in college classes. One instructor—at San Jose State College, California—used it in a class of 67 or more

in the summer quarter of 1950.

The basic purpose in the publications of the Association is to make available scientifically accurate understanding of the various sources and complications of the alcohol problem—not just the saloon—but also those that center in immature personality, economic pressure of the liquor traffic, neglect in childhood, propaganda, tradition, social customs, fashion, the mores etc., and all of these combined, as they tend to condition the lives of youth and the nation.

2. Editorial Contest

Our 1949-50 Editorial Contest on "Social Pressure Against Alcohol," follows "Social Pressure and Campus Drinking," the theme of last year. Begun five years ago under the management of Edwin H. Maynard, a former student secretary of the Association, now on the Editorial Staff of "The Christian Advocate," Chicago, these contests have become a permanent project of the Association "TOWARD SOLUTION OF THE ALCOHOL PROBLEM," as a result of the generous gift of an endowment fund by Mr. Logan. H. Roberts, Attorney, of Yakima, Washington. Mr. Roberts was an early and very active college secretary of the Association, following his college days at Nebraska Wesleyan and New York Universities. This fund provides an annual income that insures steady growth in future years among an enlarging number of colleges, students, classes in English, journalism and sociology. This year \$500 is being awarded in prizes to thirteen of the editorials judged best by high-standing judges of professional ability. The fund will permit enlargement next year and thereafter.

These student editorials have a double educational value. They reflect, first, the view of those students who have given some study to the subject; second, published annually they are distributed widely to colleges and high schools, reaching this year more than 18,000 higher educational institutions of learning. Under the guidance of Mr. Maynard they have been growing steadily in extent, number of entrants, faculty support and evident knowledge of the problem on the part of student writers.

3. Intercollegiate School

As an outgrowth of several forum conferences in previous years and in accord with the growing number of Institutes on Alcoholism that have been sponsored by universities in recent years, an Intercollegiate School of Alcohol Studies for students, was initiated a year and a half ago at a meeting of the National Council. Such a school has been a dream of the General Secretary for 17 years. It was first proposed at a conference in Washington in 1941, two years before the Yale School for advanced students had its beginning. The purposes and scope of the School and program of 1951 have been organized by a volunteer committee of the National Council consisting of Albion Roy King, Richard Richards, Howard E. Hamlin, Stanley F. Knock, Jr. and Harry S. Warner; Mr. Knock serving as Intercollegiate School Secretary.

Receiving high approval from college officials and leaders of Christian agencies as a movement peculiarly fitted to the present situation, the School brings to undergraduates an opportunity to face the alcohol and drinking problems for themselves, to study, discuss and work together—and with like-minded students from other colleges. It is a definite means of equipping leaders for the future. Under the presiding leadership of Mr. Knock, with his previous experience in national student activities of the past few years, this first School of its kind was held at Otterbein College, Westerville, Ohio, August 27 to September 1, with an attendance of 45 from 32 different colleges in 17 states, Canada and one from Malaya.

What This Beginning Means

Continuously through the past fifty years the Intercollegiate Association has brought to the front young men and women who have become the most effective leaders in the national and world movements toward understanding and solving the problem of alcohol—educators, ministers, full time workers and the cause—research specialists, editors, writers, speakers—legislators and congressmen. Certainly, with the scientific knowledge now available, to which some of our distinguished “Alumni” have given full measure, and the mutual re-

search and discussion procedures of modern educational methods, as foundation for devotion and life-service prompted by deep moral and spiritual motives, new **leaders in the total movement toward Freedom from the Cult of Alcohol** may be expected to come annually from the Intercollegiate School. It should be the culminating project in the program of each year—a program that includes discussion in campus groups, instruction under faculty supervision, lectures by experts, student writing contests, publication of concrete activities, graduate student research and the circulation of selected and specially written pamphlet literature.

4. The International Student

Continuing a service that has been unbroken since 1902, "The International Student" has circulated, during the past year, in 1,450 colleges and universities, 17,000 public high schools, and among several thousand key leaders of student life, an average of 20,800 per issue. Interested faculty members, librarians, and the contributors to the Association who make its work possible, have received it regularly, as a means of contact and steady cooperation. One particular friend, the Methodist Board of Temperance, has made it available for eight years to 10,000 or more public high schools each year, many of them in consolidated school centers and smaller town high schools, where up-to-date material on the Alcohol problem is rarely available and where teachers welcome material with the college background to strengthen their teaching in the face of local drink pressures.

For to spread the news of what universities and colleges are beginning to do constructively, as encouragement to other colleges and high schools, is one of the most far-reaching services of this convenient-size, semi-digest magazine. Never before the past eight years has a periodical, dealing objectively with this controverted issue, reached regularly so many college leaders, educators, libraries and high schools.

5. Work of the National Council

Members of the National Council have helped materially in promoting the work of the Association, in organiz-

ing the Intercollegiate School, providing the permanently invested Contest Fund, expanding the contests, distributing literature in significant situations. Mr. Jacobs has aided financial support through particular use of "The Student" in Michigan high schools to the amount of several thousand dollars annually for twelve years, a real aid to the budget. Others, as detailed above, have given substantial support to the Intercollegiate School, in addition to service on the Executive Committee and in personal conferences. It is this kind of supporting counsel and action that has made the increase in the total program of the Association this past year possible.

Program For 1950-51

(1) Continue the preparation of special literature, monographs, pamphlets, and articles that are objective, scientific and comprehensive in content for educational service both by the Association and by other agencies specializing in the college field. Include in such writing and studies not only those aspects and sources of the problems that are receiving public attention, but also those that have not been fully recognized in the past, such as the tradition of alcohol in social culture, the cult of drink in influential society, and the significance of the culture that has freed itself from the drink tradition of past ages.

(2) Continue, strengthen and enlarge the EDITORIAL CONTESTS made possible by the LOGAN H. ROBERTS Fund available for that purpose. Definite steps for enlargement both in 1950-51 and later years are being developed by Edwin H. Maynard, Contest Secretary. These are the outgrowth of his experience of the past four years and the Intercollegiate School of this year.

(3) Continue the INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES annually for students and their leaders in college activities. Clear the deficit of 1950 and secure at least \$3500 new funds for the next session. Continue the part-time service of Stanley F. Knock, Jr., as Intercollegiate School Secretary.

(4) Strengthen THE INTERNATIONAL STUDENT by adding more student representatives in the colleges, to become local or area representatives. Publish each year a special number covering (a) The Intercollegiate School, (b) The Editorial Contests of that year.

(5) Give a fair test in 1950-51 to the forming of a COLLEGE CONTACT MEMBERSHIP, to promote the program of the year. This membership may include students, faculty members, religious leaders, and alumni—with emphasis for the first year on interesting and enlisting faculty members. Membership fees to be: Faculty \$3.00 to \$5.00, Students \$1.00—each to receive the publications of the association.

(6) Organize in the National Council and Board of Trustees the beginning of a FORTY YEAR ENDOWMENT FUND to insure permanence in the program of the Association as a means of enlisting young

men and women, first, for service in the Association itself, and second, for service in the field of educational, civic and social action regarding the alcohol problem.

Such a fund has been a basic need for a half century. At times bequests have been received and large gifts have been in sight for some such form of investment. Certain invested funds that we now have, may be used as a beginning.

The idea involved is that investment should be for a limited period rather than in perpetuity, since such social movements as those related to alcohol must be expected to change, as a result of the work done by the movement itself, as well as by changes in public conditions. Therefore, to use both interest and principal during a reasonable period, say 40 years, is bound to be more fully in accord with the wishes of original givers than an investment that leaves the principal standing for uncertain use in an unforeseeable future. Such a provision should appeal to prospective givers of large amounts, especially to older friends of the Association who have been sharing with us in the past.

(7) Encourage each member of the National Council to look upon his or her membership as a challenge to seek support for the total program of the Association. There is great need for more local activities, including speaking, publicizing the various parts of the program, securing financial support and extending the influence of the Association into every relevant area of college life.

(8) **GRADUATE STUDY PRIZE.** Develop a program to stimulate graduate study of the problem of alcohol in society; encourage such study by offering substantial cash awards. A committee of the National Council is now studying the feasibility of a Graduate Study Award for the coming year, that will be open to students in universities who are seeking the Master degree.

The importance of this idea can not be overestimated. The area of knowledge for constructive advance has scarcely been touched by such research in university communities. The Association needs such information for publication. We should provide opportunities for advanced study in this field and encourage college and university faculties to do the same.

(9) Engage additional college men and women as national and area secretaries—mature students, or instructors—to put across this program—the School, the Contests, special lecturing; to make contacts in colleges, enlisting memberships; aiding in financial support, seeking new and renewing old friendships, reporting successful activities to THE INTERNATIONAL STUDENT.

Coordinating the Program

Many current and past efforts in the field of alcohol education in the church, welfare agencies, anti-liquor agencies, psychiatrists, the A. A.'s, even the schools and colleges, have been directed toward understanding and alleviating particular consequences of the problems that center in alcohol. Each arose out of an imperative need, such as the very recent demand to aid the alcoholic. All

are necessary ; all have a place in the total approach and PROGRAM OF TODAY. But each alone reflects only an aspect of the problem. In a basic educational approach, to be realistic, especially on a college and university level, the total problem of drink in human society as it is today, must be taken into account. Otherwise, certain sources of the trouble may be overemphasized, others overlooked. For it is self-evident that even the immature youth, with nervous or psychic disorders, would seldom become an alcoholic in the absence of the social environment that suggests, approves and makes available the easy, frequent acceptance of the alcohol that precedes all drunkenness, all inebriety, all alcoholism.

This comprehensive approach is especially meaningful in the college field, not only among students but to the college as a whole, and especially among the alumni in their impact on the college. For with the prestige of high education and position, the alumni have much to do in setting the social patterns and making or breaking the economic pressures that perpetuate and exploit the cult of alcohol in modern culture.

But, on the other hand, it is from the students in college, their instructors and leaders, and the socially-responsible graduates, that leadership in **freeing human living from the ancient cult of alcohol**, is most naturally expected--and will come. It is this understanding that makes the approach and program of the INTERCOLLEGIATE ASSOCIATION, fundamental to all others and first in its just demand for greatly enlarged cooperation and support.

The drunk gets his roughest treatment in the respectable bars, where the man of distinction gets his drinks ; he doesn't want to have anything to do with that dirty bum. The total abstainers in the community look upon him with at least benevolence and pity.—Dr. Albion Roy King.

Clinton P. Duffy, Warden of the Calif. Penitentiary, said that 65% of those incarcerated at San Quentin are there through the use of alcohol.—Judge Lewis Drucker.

THE GREAT DELUSION

(Continued from page 76)

coholism is a problem for all; the drinker does not choose the child in the street he may hit with his car. Crime, sexual promiscuity and gambling are not the private business of every "moderate" drinker.

Alcoholism is one of the world problems which has developed so rapidly with such widespread and devastating results that we are indeed almost "frightened into doing nothing." The hopeless futility and the "what can I do anyway?" attitude of the majority leave the struggle against alcohol in a weak condition. It is evident that complacent acquiescence to a dangerous problem or the shrug which indicates unwillingness to become involved, will never materialize into firm convictions. We must take the prestige away from drinking. But how? The day of smashing bar room windows and holding street corner revivals where the same drunkard is saved every Saturday night is over. The sophistication of the cocktail bar, the lounge, and little supper club that is respectable, can not be wiped out by 1920 methods.

Promotion managers for the liquor interests do not hold rallies, nor sponsor lectures, nor form societies. They **advertise**. The answer lies in the same **method used to create** the liquor traffic. The most attractive, appealing, venerated symbols in American life have been used to mislead the minds of men and justify the use of alcohol. Billboards, magazine advertisements, newspaper columns, radio commercials—not a medium of advertising has been overlooked. Why are we surprised at the results?

We have hesitated too long, clinging to yesterday's methods. Through clever advertising, we may promote healthful beverages and point out the weaknesses in the arguments for the use of liquor. We can convince the undecided to seek social approval in ways more important and necessary to a vital life. The liquor campaign has admonished millions to be tolerant and let each choose wisely for himself, even if he will not join those who enjoy liquor. But the scales would tip in the other di-

rection if we had a positive campaign to wipe out the "let's be tolerant" farce. No one tolerates murder or any other menace to health and happiness. A lawyer in a nearby town writes a brief, clever column entitled "From where I stand." He is firm in his convictions against alcohol and seeks to counter-act "toleration" advertising. "The Smart Family" cartoons depicting a family serving milkshakes at a party, or a group of young people enjoying frosty glasses of fruit juice on a picnic, are effective advertising.

Every concerned citizen needs to think through "the great delusion" and speak now through example, word, and deed. To be an example alone is not sufficient. For every person who is a quiet advocate of sobriety, there is another who boasts loudly of his fun on a recent spree, the relaxation he found, the pleasure in forgetting the world's problems. He will make a score of converts from our insecure generation of searching youth.

Since legislation and regulation are effective only when backed by public opinion, each must do his share in creating social pressure. To speak the needed word at every opportunity, to give loyal and concrete support to each sensible movement to combat alcoholism are requisite actions. Although curtailment of liquor advertising as proposed by the Langer Bill would aid the situation, it will find strong opposition in the free enterprise, free speech ideals of Americans. But counter-advertising of positive merit would be a powerful instrument in competition. We need modern, clever interpretations of the real values in life, of the danger in laboring under the delusion of moderation.

The time is now to create social pressure by personal example, by the spoken word, by definite support of advertising through every medium. We must not destroy all that is worthy in life by regarding as a joke that which has long ceased to be amusing—alcoholism.

The most disturbing contribution that our country has made with regard to alcohol, is the creation of the cocktail habit before dinner. If there is a particular time when it is wrong to use alcohol, it is when the body is empty and hungry and tired.—Dr. Haven Emerson.

SOCIAL AND CULTURAL ASPECTS

(Continued from page 74)

not be handed on to their children in the way that their parents had received them in Europe. Consequently, as the parents would say, it was better in the old country. Much of the drinking behavior had been transplanted from one culture to another, but not the controls over that behavior.

How Culture Comes

There are two ways in which our culture comes to us; by invention and by diffusion; ninety per cent of it is by diffusion or borrowing. But when a trait, an item of a culture, is moved from one society to another, it loses some of its meaning; part of it is not carried over. Among the American Indians, one tribe engages in the Sun Dance to cure a plague; another, not far away, to bring rain; another only for pleasure. The pattern of behavior can be transported but not the meaning or the attitudes toward it, or the controls over it.

When European drinking patterns came to America, to a place where there was little or no community support for the controls and attitudes that prevailed in the older country, the children would drink without regard to the rigid limits that were habitual with their parents. In addition, on the frontiers there is a tendency toward extremes, whether in lawlessness, drinking or religious revivals. On frontiers people tend to go to excess. And among the early settlers the frontiers were rural areas.

Frontier Shifts to Cities

But after 1880, when the land had been settled, the city became, in a way the frontier. Rural areas were no longer frontiers. The growing cities came to receive most of their growth from the country. Big cities in the United States do not produce enough babies to maintain their population, let alone growth.

There migrants from the country bring their country ways of behavior into the cities where they do not fit

very well—about as well as a second hand suit. They never feel quite at home until they take to city ways, which are hard to take on without going to extremes. Because, how do the new arrivals know how far to go? Take a poor person who suddenly inherits money from a rich uncle and tries to live with the wealthy. They say he doesn't know how to behave. Of course not, he hasn't been reared there. Rural people moving into the cities and European peoples moving to America, don't behave properly. Some little item of behavior, at least, is in error.

In the city each individual has his own job and interests. The city man does not own his job, as does the country man. He does not have the security that he had in the country. These frustrations in city living tend to lead toward seeking substitutes in place of the wholesome living of the country. One of these is drinking. This is a constant, sometimes not very serious but definite drain on earnings which are never adequate anyhow.

Another push toward drinking in the city, especially to those who seek someday to "be somebody," is the desire to associate with others. Nobody likes isolation; it works better in penitentiaries than corporal punishment. The city man can't take solitude; he likes to associate intimately with people. To get acquainted takes time. The sparring around to get acquainted can be reduced by two or three highballs. Socializing starts right away, there is an instant release for personality needs.

All behavior has an interpretation or meaning. Why do men wear neckties? They don't keep us warm, or make us look much better. We give all sorts of reasons, some silly, but they are reasons. What is the reason for drinking? Some say because they want to. But why do they want to? All that answer does is to push back the reason one step. One says, he drinks because it adds to health. Some people believe that. We have songs, poems, stories, plays, jokes about drinking, many of them supporting drinking. And many of us who don't drink sing

the songs, tell the jokes and so, by constantly recognizing and maintaining this rationale, we give support to that which we conscientiously do not want to support. This indicates that the cult of drink is deep in our culture and society, and that it is not easy to get rid of.

There is another factor. People in all cities will say they have no social classes; in this city everybody is alike. Yet, in every city that has been studied, social classes have been found. Let us divide the familiar upper, middle, and lower, into six classes:—The two upper groups constitute about 2% of the population. The upper-upper are the people of old wealth, the people who have been in families of distinction for many years. The lower-upper are people with new wealth, the people who want to be somebody; they have wealth, education, everything—but age of family. They are painfully aware that their great grandfather was a butcher or tradesman. Upper class people are respectable because whatever they do is above reproach. You don't correct the behavior of an upper class people: you correct your behavior by theirs. You can't criticize them; you may talk about them, but you can't hurt them with gossip because they are above reproach.

Upper middle class people constitute 10% to 12% of the population. They are respectable and have means. The lower middle class, about 25% to 28%, are those who are respectable but without means. Middle class people can be hurt by gossip, so they have to be respectable. The upper lower class, about 33% of the population, are the laborers, the masses as over against the classes. They are not as respectable as the middle classes. They give vent to their biological urges more freely than the middle class people. The lower lower are the bums, the people who have given up in the struggle of life. They have lost out in the race, they don't care any more.

All of these people have manners and customs that are appropriate to their positions, including drinking cus-

toms. The upper upper drink socially as middle class people drink coke or milk. If you are accepted in the upper class it's, "Let's have a drink." They have rigid controls over excessive drinking. The lower upper engage in excessive drinking because they feel insecure. They are striving for a position which they do not hold; their children may be accepted by the upper uppers but they themselves are not, for the children know more about how to behave than do the parents. They take out their frustration in drinking, gambling etc.

The upper middle class is very close to the lower upper. They associate casually; they do business together. Often the one wealthiest family is a middle class family. Wealth alone does not make the class rank; it takes many factors together. The upper middle class do some drinking; usually the women do not. If they do, they say they know they should not. They go back to the morals of the Bible. They recognize church mores. The uppers do not recognize church mores—they tell the Church what the mores are and the Church does not refute them. The lower middle class are the backbone of the Church and of respectability. They are comfortably secure and feel far above the lower classes. They are far enough from the uppers not to be influenced much by them. Psychologically they are secure people, probably a very happy people; they haven't much wealth. They can be appealed to, reasoned with. The upper lower are the people who, giving in more to the biological urges than the middle class, drink more. If you say they should not, they answer "a glass of beer don't hurt nobody." The lower lower 25%, make no struggle to get anywhere.

Drink Customs Flow Down

We live in a hierarchy of stratified society in which there is much mobility up and down; yet, obviously, those on top are very secure. Since they are so secure, they like to be recognized as people of distinction. The way to

be recognized is to do something, wear something, or have something that other people do not have. So they wear certain things and develop habits of speech and table manners to distinguish them from those not quite on their level. The group next below tries to imitate whatever the group above does; thus the patterns keep sifting down. At the end of the World War I, women of the upper class began smoking; now that custom has sifted all the way down the social scale. At the end of the World War II, social drinking seems to have come into the category of a style factor, and there is more social drinking going on now than ever before in America. But not everything that starts at the top sifts down; there are always some who decline to do what it is the style to do. Some of those who **don't** on the drink fashion have been firmly indoctrinated in the specific meaning of drinking. Some of them were reared in homes where drinking was frowned upon; they have an emotional attitude toward it. Others have been reared in a church where it has been given a moral complex, and they do not drink. But the pressure is there. Whereas they do not drink that does not guarantee that their children or grandchildren will not. The pressure is there.

If you feel that you want to do something about drinking in the United States you can't just go out and convince people that they should not. It is not enough to tell them of the effects of alcohol on the body, etc. They will listen to you, perhaps, but they will not hear you. They will say, "Yes, yes, yes, well, before we go home let's have a drink." And because you have by long tradition the drink customs that came over from Europe, you have also the support of much of the community in the rationale of why they drink. Along with that, there is this style complex in which, if you want to be somebody, it is awfully important to behave like those people who are somebody.

Community Action Necessary Regarding Alcoholism

THE COMMUNITY that faces the problems of alcoholism squarely is making a sound investment in the health and happiness of all its citizens, Dr. Leslie A. Osborn, head of the Department of Psychiatry of the University of Buffalo School of Medicine, Buffalo, N. Y., said in a recent Chicago release from the American Medical Association.

An estimated 3,000,000 persons in the United States are excessive drinkers and nearly one fourth of this number are said to be chronically alcoholic.

In an article in the May 13 **Journal of the American Medical Association**, Dr. Osborn cited the establishment of centers for treatment and study of alcoholism, such as that in Rochester, N. Y., and the University of Buffalo Information and Rehabilitation Center, as a move in the direction of community responsibility.

"A community center serves as a coordinating and educational headquarters for an organized approach to the medical, psychiatric, social and public health aspects of the patient's illness," Dr. Osborn pointed out.

"Added to these are other workers in various cases—clergymen, judges, social agencies, and the like—whose combined efforts can bring about results that no one person can achieve. In the community there are already many who have played an active role in combatting alcoholism.

IT TAKES some people longer than others to attain addiction, but no human being can be regarded as immune. — DR. ROBERT FLEMING, Harvard Medical School.

EFFECTS OF ALCOHOL ON PERSONALITY

In a report made by the Central Control Board of the British Medical Research Council, the following were listed as effects of alcoholic beverages on human personality:

1. *Blunting of self-criticism*, resulting in action and remarks, not consistent with the usual character of the individual.
2. *Uncritical self-satisfaction* of the individual with his work and actions.
3. Disregard of occurrences and conditions normally requiring caution of act or word.
4. *Trespass of rules and conventions* previously respected.
5. Impaired appreciation of the passage of time.
6. Talkativeness.
7. *An argumentative frame of mind; quarrelsomeness.*
8. Interference with the performance of skilled movement
This is indicated by clumsiness and slurring of words.
9. Blunting of the senses of hearing, taste, touch, and vision.
10. *Display of primary emotions.* Anger may be displayed at one moment and affection at another, similarly with boisterousness and depression, laughter and tears.
11. Failure to respond to external stimulation and the eventual lapse into heavy sleep.

The cult of moderation among us today is not a creed of drunkenness. It repudiates drunkenness. Nobody is quite so bitter in his feeling about the drunk as the typical moderationist.—Dr. Albion Roy King.

The one point of agreement between the liquor interests and those opposed and the different groups and different churches which take different attitudes is that total abstinence on the part of youth is the only rule to observe.—Dr. Lawrence E. Vredevoe.

We feel that you are doing a wonderful work and are confident that able leaders for the anti-liquor cause will emerge as a result of your program.—A. E. F., Va.

I wish again to express my appreciation of the splendid work you are doing. I profited greatly from the week of Alcohol Studies at Otterbein College and hope the School will be continued.—Glen R. Miller, Professor of Chemistry, Goshen College, Ind.

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Program Paper for Alcohol Education, by Alford C. Payne. "What are the Facts?" "The Goals of Alcohol Education"; "Plans for an Intelligent Campus Program." Resource material and bibliography; prepared for the Intercollegiate Christian Council.

15 cents.

The Liquor Cult and Its Culture, by Harry S. Warner, L.H.D. An all-over study that seeks to popularize and make available the basic scientific information regarding alcohol in modern society and personal living. It develops a philosophy for permanent, constructive effort toward solution of the larger social problem. The writer is author of *Social Welfare and the Liquor Problem*, 7 editions.

Cloth \$1.35, paper \$1.00.

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Let's Face the Issue, a Guide to the Study of the Church and Alcoholic Beverages; an objective examination of a wide range of phases of the total problem. Published by Presbyterian Board of Christian Education.

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INTERCOLLEGIATE ASSOCIATION
12 N. Third St., Room 522,
Columbus 15, Ohio

Solutions of the alcohol problem come so much more easily in theory than they do in practice; nevertheless, theory must come before practice. Therein lies the value of the Editorial Contests.—John W. Schuerman, winner of first honors in 1950.

I am enthusiastic about the success of the Intercollegiate School and, believe me, I have been an evangelist about it. People seem interested to hear about a successful student study conference on this theme—and well they might.—Edwin H. Maynard, Chicago, Ill.

I scarcely know how to express my delight in the May issue INTERNATIONAL STUDENT as a forerunner of the Intercollegiate School of Alcohol Studies. Every article is exactly to the point, each writer handling the subject from his own angle. . .

Especially fine as an introduction to the School, are your own article in the April issue and the report of Dr. King's "Day" at Muskingum College. I am deeply impressed by the advance that you, Dr. Warner, and the Association are making toward the solving of this most urgent problem.—Dr. Mary Ross Potter, former Dean of Women, Northwestern University.

Thanks for your splendid writing—V. G. Hinshaw, Pasadena, Calif.

KNOCK'S KNOOK

(Continued from page 100)

love which only a wife who truly loves her husband can show through caring for her husband. No words, just action. Second, still later the influence of the "Voice" forces the husband to ask forgiveness of the son after he has had to go seek out the child. It is simple, honest, straightforward. The resulting mutual love is stronger than ever.

For a change the drunk is not made fun of in the picture. Nor is he shown as hopeless. He is shown rather masterfully for exactly what he is: a child of God who has not listened to the voice of God but has gone his own degrading way. And the way out is not the jail, nor dramatic "conversion." It is acceptance by other adults in deep love. But most of all it is self-acknowledgement of one's own predicament and asking forgiveness—seeking out the one who is hurt.

In case a moral has to be made explicit, it is simply this: at its true base, drunkenness is a very clear symptom that one is out of touch with God. One is living a self-centered life which is greedy, self-confident, haughty and tremendously degrading. The sacred human personality, physical body and mind and soul are perverted. Let's face it—this is the sinful nature of MAN being made stark clear for all to see. And the way out is reconciliation with God, listening to the "Voice" and **acting** upon this basis by the person. It is initiated by and carried out by the individual. But it is a social function in that the understanding and love of all concerned even remotely is inextricably bound up. In short, it is complex and very deeply rooted in both individual response to God and society's response to God and fellow man in light of God's "Voice."

If the reader intends to write in the Editorial Contest which the Intercollegiate Association has announced, he will do well to give this motion picture serious thought and particularly to consider the implications of the drinking events. It is seldom that the basic problems involved are presented in such a masterful manner. If there be a solution, might it not be "The Next Voice You Hear"?

Knock's Knook

THE NEXT VOICE YOU HEAR" is one of the most amazing motion pictures to come out of a major Hollywood studio in recent years. Although there is much left to be desired from this film from the viewpoint of Christianity, it is by all odds the most religious contribution—bold, direct and personal—the industry has succeeded in making since Ben Hur. There are many significant aspects which can not be dealt with here. If it is possible, view the movie and then read the book written by the director which gives the story of how the picture came to be made. The title is: "Case History of a Movie," by Dore Schary and published by Random House.

Of particular interest to readers of this publication is one of the episodes from "The Next Voice You Hear." Due to circumstances developed in the plot the leading male character, a portrayal of the average husband in America, goes to a bar. He meets an old friend (the implication is clear that he has been drunk before but that marriage has kept him away until this moment) who plays the role of Satan. A more beautiful characterization has never been done! In the course of the episode, and significantly while clearly "under the influence," Mr. Average Husband decries his tempter and temptress (a woman bar fly) with eloquence seldom found in a man in such condition and a most uncommon clarity of discerning the actual situation.

The essence is simply that if more people would listen to the "Voice" (God), taverns would be empty as they are at the particular moment of the episode. The scene verges on melodrama but is masterfully handled. The punch comes in two ways later in the picture. First, when the husband returns home very drunk to face his awaiting wife and his young son. The son is shocked and embarrassed as only a child can be. The wife shows the

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THE INTERNATIONAL STUDENT

THE
INTERNATIONAL

FEBRUARY,

1951

STUDENT

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Can This "Climate" be Changed?

An Arcade
Stanford University, Calif.

democracy
something
deeper than
liberty; it is
responsibility"



THE INTERNATIONAL STUDENT

February, 1951

Vol. 48, No. 4

HARRY S. WARNER, *Editor*

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INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

Second Year, June 17-22, 1951.

Cornell College, Mount Vernon, Iowa.

IN RESPONSE to the urgent request of college students attending the First Intercollegiate School, at Otterbein College, August 1950, that this new project be continued for students and their immediate leaders, the Second Annual School will be held, June 17-22, 1951, at Cornell College, Mt. Vernon, Iowa, under the auspices of The Intercollegiate Association.

The School will offer a week in which students and their leaders from North American colleges may think together, discuss freely following lectures by high experts, share in seminars and discussion groups and enjoy several hours of new-friendships, games, and early-summer rest on the mid-western campus at Cornell College.

For information address:

THE INTERCOLLEGIATE ASSOCIATION,
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The Future

Address to the Intercollegiate School of
Alcohol Studies.

By GEORGE A. LITTLE

A BUSINESS MAN had a working principle by which he solved many problems. It was this: "You will find the cure snug up against the cause."

What is the cause of the present liquor problem?

It is more than the desire for profit on the part of the beverage alcohol manufacturers and distributors.

It is more than the fact that 60 per cent of adults use alcohol as a beverage more or less frequently.

It is more than the fact that the other 40 per cent who are abstainers are not as a group sufficiently alerted to their social responsibility.

It is not alone that governments for the sake of revenue and taxes facilitate the legal sale of beverage alcohol.

There is a deeper cause.

The over-all factor is that home, school, church, press, government have not taught and trained citizens to live by patterns that afford permanent spiritual satisfaction.

Missing that great positive people turn to a negative, the depressant alcohol that numbs memory and dulls conscience.

Society has failed to teach youth and demonstrate before the eyes of youth that man is a spiritual being capable of living with dignity and high purpose. It is the irony of humanism that there is a steady lowering of respect for humans. We need to restore the conviction, with perhaps a greater content than our forefathers dis-

Prepared by Dr. George A. Little, Toronto, Canada, for the Intercollegiate School at Otterbein College, Westerville, Ohio, August 27—Sept. 1, 1950. As Dr. Little was unable to attend on account of a national railway strike, this forecast of the future was read in part at the closing session. Dr. Little is Editor of publications for the United Church of Canada.

cerned, that we are and may more and more become sons and daughters of the Most High. We need a faith in ourselves based upon faith in the Eternal God.

Let us return to that working principle. The cure will likely be found snug up against the cause.

On the liquor problem we are all divided into warring camps. The liquor trade has its conflicts between distillers and brewers. The social reformers are a pressure group opposing the organized liquor traffic. The politicians are divided by personal standards and political loyalties. Religions are divided. The standards of Catholicism and Protestantism differ widely and within Catholicism and Protestantism there are wide variations within groups. The press is divided, some publications deploring present conditions and other publications promoting the trade by glamorous advertising. Plainly little progress can be made until these conflicting groups can achieve a unified purpose.

Is that a Utopian ideal? Not at all. Events will force us to approach the problem in some concerted fashion. The liquor problem is now every person's problem, the problem of women as well as of men, the problem of minors as well as of adults, the problem of pedestrians as well as of motorists, the problem of abstainers as well as of indulgers. It must be seen as a national and international danger and it must be approached from that total view. We are all citizens together and the welfare of all is bound up with the welfare of each. When annual spending in one country has reached close to ten billion, when highways already dangerous are made more hazardous through drinking driving, when there are perhaps 3 million arrests for drunkenness a year, one arrest about every 6 seconds of the day—we all must pause and say this is our common problem. It has been produced collectively, and can only be solved collectively.

Education at the youth level is of first importance and not only temperance education in any narrow sense. True there must be factual presentation of what alcohol is, how it changes human behaviour and how it injures.

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From Social Drinker To Alcoholic

A Condensation of Latest Scientific Information

ONCE A START has been made on the road to alcoholism, it becomes progressively harder to stop. This evolution of the alcoholic, from his first small or moderate amounts into uncontrollable inebriety, has recently been traced, step by step, by Dr. E. M. Jellinek, noted research specialist, who has brought together the results of recent scientific study of this phase of the alcohol problem.

The drunkard was first just an ordinary drinker who could not handle his liquor, says Dr. Jellinek. By successive steps he becomes a chronic alcoholic, far removed from the days in which his drinking gave him just "a happy glow." Two-thirds of the alcoholics, recent scientific information reveals, started drinking in their high school years; by the time they reached college age, they showed definite indications of coming alcoholism.

The successive steps to alcoholism, as outlined by Dr. Jellinek, are here traced as they occurred in the average alcoholic. Some alcoholics combined some of these stages; others, skipped some of them. These are the average, those usually taken.

Social Drinking

1. Let's say that by 20 years of age you have begun to drink. You find that liquor can serve a friendly, social purpose. You have a cocktail now and then, a few beers, some wine. Your drinking follows no particular pattern, unless it be that of the group or community in which you live. Depending on your personality, your physical make-

A compilation of the latest results of scientific information, relating to the successive steps that are taken by the drinker who becomes an alcoholic, has just been made from notes taken at various lectures of Dr. E. M. Jellinek, Director of the Institute of Alcohol Studies in the Southwest, Fort Worth, Texas, and research expert of the Yale School of Alcohol Studies. Published in *The National Temperance Digest*, Chicago, January and February, 1951, the compilation is here slightly condensed from those articles.

up, and the social and economic conditions around you, you may go on drinking for two months, two years, six years, an entire lifetime.

The danger in social drinking, however, lies in the fact that it is the **first step** and that the other steps will appear **without your realizing it**. Science has not been able to determine who of those who start to drink will become alcoholics and who will not.

Heavy Drinking

2. By the time you are 22, you are getting more or less drunk (or tight, or high, or feeling good) with some regularity. You do a lot of week-end drinking, but feel you can stop it anytime you want to. Then there comes a time when the usual four highballs don't do the trick. You have to have five or six. **Your tolerance has increased.**

At this point you are still not an alcoholic. However, your drinking is a symptom of some underlying problem.

Blackouts

3. Then comes the first big warning signal. Alcoholics call it "pulling the latch." By now you are about 24 years old. You wake up in the morning, recall that you were at Joe's home, but can't remember whether you talked, played bridge or watched television. And you can't remember how you got home. This is not "passing out," but a period of your life simply is gone for good. You remember everything up to a certain point, and remember nothing after a certain point. The first time this happens you are embarrassed, maybe remorseful.

Sneaking

4. About this time, or a little later, you change from sipping drinks to gulping them. You want the "kick" more than you used to. You also start sneaking drinks; during the party you sneak out to the pantry and gulp two or three "quick ones," or before the party you have a couple to be sure you will enjoy yourself. That sneaking has great significance.

At the same time you stop wanting to talk about what happened at parties or in bars when you were drinking. Though you used to enjoy discussing how much you

(Continued on page 119)

Does Drink Aid Conversation ?

Samuel Johnson's Answer,

Nearly 200 Years Ago

By Arthur G. Skeels

I DENY that it improves the mind," replied Dr. Samuel Johnson when Boswell argued that "the experience of mankind was in favor of moderate drinking." This stand of the great writer is all the more remarkable because he lived from 1709 to 1784, when drinking in England was almost universal. The rich drank wine and the poor drank gin, and almost everybody believed that wine improved the mind.

Johnson's arguments are quite in accord with the findings of modern science. It has been proved that alcohol dulls the higher faculties and makes men do and say things they would be ashamed to do and say when they are sober.

One day Sir Joshua Reynolds, to whom Boswell dedicated his life of Johnson, expressed the opinion that "drinking increases conversation and benevolence." Johnson replied: "No, sir, before dinner men meet with great inequality of understanding; and those who are conscious of their inferiority have the modesty not to talk. When they have drunk wine, every man feels himself happy, and loses that modesty, and grows impudent and vociferous; but he is not improved—he is only not sensible of his defects."

But Sir Joshua still insisted that "moderate drinking makes people talk better." Dr. Johnson, perhaps the most famous talker of his time, did not agree. "No, sir, wine gives not light, gay, ideal hilarity, but tumultuous, noisy, clamorous merriment. I have heard none of those drunken

In this discussion between one of the greatest English thinkers of all time and his fellow writers and conversationalists, Mr. Arthur G. Skeels, educator of Columbus, Ohio, permits us to see the deep divergence of attitude toward the cult of alcohol that had already grown up, two hundred years ago, out of daily observation and experience. The article is from *Forward*, Philadelphia. Copyright, 1950, by W. L. Jenkins. Used by permission.

—nay, drunken is a coarse word—none of those **vinous** flights.”

Sir Joshua retorted that Johnson was envious of the talk of his drinking friends, but Johnson replied that his feelings were more likely to be contempt. “I admit that the spirits are raised by drinking, as by the common participation of any pleasure. Cock-fighting or bear-baiting will raise the spirits of a company, as drinking does, though surely they will not improve conversation.”

Dr. Samuel Johnson knew the secret of great conversation. “A man should cultivate his mind so as to have that confidence and readiness, without wine, which wine gives.” On another occasion he said, “One of the disadvantages of wine (is that) it makes a man mistake words for thoughts.”

He scorned to enliven his talk by drinking. “Wine gives a man nothing. It neither gives him knowledge nor wit; it only animates a man, and enables him to bring out what a dread of the company has repressed. It only puts in motion what has been locked up in frost. But this may be good or it may be bad.”

Spottiswoode, one of the group, added, “So, sir, wine is a key which opens a box, but this box may be either full or empty.”

Johnson would not even admit that wine is a key. “Nay, sir, conversation is the key; wine is a pick-lock, which forces open the box and injures it.”

This was the man to whom Boswell said, “I have had more pleasure from your conversation” than from drinking wine.

But Boswell found it hard to resist the invitations to drink. He laid the case before Johnson. “The great difficulty of resisting wine is from benevolence. For instance, a good, worthy man asks you to taste his wine, which he has had twenty years in his cellar.”

Johnson replied: “Sir, all this notion about benevolence arises from a man’s imagining himself to be of more importance to others than he really is. They don’t care a farthing whether he drinks or not.”

Sir Joshua Reynolds replied, “Yes, they do for the time.”

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Seeking A Modern Approach

TO THE PROBLEM OF ALCOHOL

By Harry S. Warner

EDUCATIONAL ACTIVITIES on the problems of alcohol today, in the face of conflicting realities, differences in view-point and propaganda, may well begin with a comprehensive survey. The following philosophies and principles, based on modern scientific understanding, are realistic and vital in seeking answers to the questioning now going on.

1. Seek the truth fearlessly, wherever it may be found, wherever it may lead. An open-minded attitude toward the truth as it is found, is basic in this alcohol problem, as elsewhere, in this age of science and action.

2. Keep understanding and procedures in educational and solution activities accurate and in accord with developments in research; know and use the best that accumulated science has to offer.

3. Utilize in school, college and community education the scientific knowledge now available. This must be the key-center of a vastly greater program regarding alcohol and its influence in human life than has ever heretofore been undertaken.

4. Recognize and take into account, as a basic source and occasion of the alcohol problem, the social tradition that alcohol is desired by vast numbers for what it seems to give.

5. The new medical designation of the alcoholic as a "sick man," has significance to the general public because it (1) gives a realistic meaning to drunkenness; (2) because it makes him an object of concern in preventive medicine and public health.

6. Recognizing alcoholism as a matter of health, and the alcoholic and "excessive drinkers" as ill, emotionally and mentally, gives the problem a new and decisive place in Public Health. The question is not merely one of in-

Condensed from "*A Modern Approach to the Problem of Alcohol*," 3rd revised edition, 1950, by Harry S. Warner, L.H.D. The Intercollegiate Association, 12 N. Third St., Columbus 15, O., 15 cents; 12 copies \$1.50.

temperance or temperance. As a subject of public health, it demands—and is beginning to receive—a new position in public attention.

7. Seek and identify the various sources from which alcoholic disorders come, and the spheres in which they are most frequently found.

8. Examine frankly the influence of the social patterns set by those groups that extol as a privilege, without concern as to consequences, the traditional upper-class drink customs of polite society.

9. The part that customs and fashion play in initiating and continuing occasions of alcoholic intemperance and its perennial "crop" of inebriates and addicts is basic in the total alcohol problem.

10. Examine the newspaper, magazine and radio advertising of today—the \$100,000,000 spent annually—in its selective effect of sifting out and starting toward "excess," the immature, the emotionally disordered; the overtensioned—all who, more quickly than the average, tend to become the "alcoholic sick."

11. That a commercial traffic, found everywhere, is ready to supply unlimited quantities of a brain-depressing article for pleasure purposes—one that leaves extra heavy burdens on the community—is a fact that cannot be ignored. As in the past, it is obvious.

12. There is a place of peculiar privilege for strong and socially stabilized men and women in the Modern Approach to the Problem of Alcohol: It is that of choosing for themselves those social attitudes that accord with the natural "way of life" and of leading the culture of today in freeing itself of alcoholism.

13. The non-alcoholic life that does not count on a drug for happiness, is the natural, healthful, FREE life. Exalt this ideal, keep it to the front in all educational activities—among youth and the general public.

The gaining of release from tension and strain by play, recreation, music, a variety of activities, and the emotional and social thrills that accompany them, is natural, constructive. The result is lasting satisfaction and growth in personality and social living. The non-alcoholic life offers the "norm" for a growing civilization.

There's A Sophisticated Way

of Saying "NO."

By Henry H. Kruener

Technique of getting along with a drinking crowd
without compromising convictions.

THE QUESTION is often put, What is the Christian answer to the problem of drinking, on or off the campus? To be honest there isn't any one, single Christian answer. I myself believe in total abstinence and, like the apostle Paul, I wish "all men were even as I." But as a student of history and of the Church, I know that there are large and vital sections of organized Christianity which believe that total abstinence is too ascetic. These allow for, even encourage in their own groups, some moderate and occasional drinking. So, fortunately or unfortunately, we can never start with any universally-agreed-upon principles or precepts. The fact is the Christian Church does not speak with one voice.

However, in our increasingly alcoholic society (and there are indications that drinking is becoming America's number one problem), should there not be, as a minimum, certain common-sense rules we should observe as Christian students? And could these rules not only apply to the total abstainers among us but to those who may be occasional drinkers? Can we find a broad basis for agreement, a *modus vivendi* for all Christians? I think we can in the following five rules:

My first rule is this: **constantly strip drinking of much of its commercialized glamor.** Whatever drinking is, it isn't very glamorous and we might as well call a spade a spade. Yet, glamor is the whole aim and advertising technique of the liquor industry, isn't it? It lives by what is known as "prestige advertising." It says almost nothing about the product but it creates associations, impressions,

From *The Intercollegian*, New York, Sept., 1950, by permission; the article appeared under the title "Sophisticates Say 'No.'" Rev. Henry H. Kruener is minister to students, Denison University, Granville, Ohio.

builds up prestige ideas which are as effective as they are misleading. Old granddad stands hale and hearty with volumes of Shakespeare in red leather behind his head or in his hands: the impression is that if you want to be goodlooking at eighty and still read Shakespeare, take a nip or two now and then. The truth, is however, that with a few extra nips in him granddad may not be able to tell the difference between the cultural values of Shakespeare and the local newspaper. Or "Cool Heads Choose Calverts"—for men of action, wisdom, decision, achievement and perspective. And there he is in front of you, the executive type. The truth is, however, cool heads choose water, and let's not be fool enough to believe anything else. So it seems you can't do your part for the dear old class of '82 without Three Feathers; you can't possibly hunt or fish without Seagrams; you can't enjoy Metropolitan moments (whatever they are) without Monnet. Even churches don't escape. A couple of years ago at Christmas, one of our large eastern cities had huge display-ads of the finest cathedrals, but attached were rather pious greetings "at this holy season" from one of our better-known brewers. Well, Christians, start by saying hokum to most of this. If you must drink, be honest about it. Don't get any glamor-notions that you're increasing your virtues thereby, that you'll turn out to be the life of the party (sometimes you'll turn out to be a wallflower of the most morose sort), that you'll be the scintillating hostess (any hostess who needs liquor to scintillate is probably unusually dull. **Don't swallow the glamor line.**

Rule Number Two: develop a technique of getting along with a drinking crowd without compromising your own convictions. This is important. Too often Christian young people follow the drinking crowd because they don't know what else to do. They've been given no techniques except "don't drink" and so they feel self-conscious at a party and awkward and impolite and at a loss. The book of Exodus says: "Do not follow a multitude to do evil" but, believe you me, it's not so easy to find a smooth technique for carrying that out. In other

(Continued on page 125)

RE-ROUTING THE CULT OF DRINK

THE DESIRES and aversions of men can be changed as truly as their ideas and habits, though not as much or as easily. The same forces of repetition and reward that strengthen tendencies to think and do, operate upon tendencies to like and dislike. If sound methods are used, men can be taught to find satisfaction in useful work, healthful and noble recreation, and the welfare of others, to a degree that the world has never seen. —EDWARD L. THORNDIKE, Psychologist, Columbia University.

Can This "Climate" Be Changed?

By Mary W. Dietrichson

AS YOU LOOK around the world today you are required to have great confidence in the inherent good of man and faith in God to believe that the alcohol evil will be removed. Perhaps the best that I brought back from the Yale School of Alcohol Studies a year ago, was **an expression of such belief** by one of the most distinguished scientists at the school. His exact words were: "I believe that in time we shall get rid of this custom."

A small boy, looking at a picture book of the huge and ugly reptiles and beasts of the early ages of the earth, asked who killed them. He was told by his father, "No one killed them. The climate changed and they died."

There is a climate in which the alcohol evil flourishes. That climate has increased the number of drinkers in the United States from 40,000,000 in 1940 to 62,000,000 in 1945. That climate has increased the number of acute alcoholics in Massachusetts (official figures of 1945 and 1949) from 20,000 to 30,000 in the four years. That climate is the **social acceptance** of drinking.

Much of society accepts moderation as its solution for

Condensed from an article in *The Christian Science Monitor*, Boston, by Mrs. Mary W. Dietrichson, following her attendance at the Yale Summer School of Alcohol Studies and a meeting of the Boston Committee for Education on Alcoholism.

the drinking problem. But no one of the 6,000,000 persons now in various phases of alcoholism, expected to slip over the indefinable line between moderation and excess. Dr. E. M. Jellinek is quoted in the "Christian Science Monitor" as saying, that "60 per cent come to alcoholism from an entirely normal origin and only in the course of drink. They are not seeking release. They are conforming to certain habits of their set."

Dr. Joy Elmer Morgan, editor of the "Journal of the National Educational Association" writes, "Drinking in moderation is not the solution of our liquor problem. It is the main cause of that problem."

A change will be forced in the social attitude toward drinking if only because the custom is outmoded in our mechanized civilization. These problems are due primarily to moderate drinking and not to alcoholism. The National Safety Council gives us the amazing fact that from Pearl Harbour to VJ-Day there were three-fourths as many persons killed and injured by traffic accidents, due to alcohol drinking, as there were killed, injured and missing in our armed forces during the entire war.

Industry is becoming alarmed at the billion loss it is suffering each year through drinking. Alcohol beverages have no place in a high-energy air-borne, atomic age.

Perhaps the most broadening and inspiring experience that I had at Yale was my first contact with Alcoholics Anonymous. I believe that in their program of turning to God (to religious faith, confession of faults, inspiration, service to others and fellowship, plus abstinence) they are building on rock.

The limitation of the A.A. approach is that they are interested only in rehabilitation. There are 40,000,000 abstainers in the country; the majority of them, accepted this spiritual program before they were brought to it by ruined health, wasted years and the necessity of a terrible struggle to maintain abstinence. Presumably among them were the usual proposition of young persons with that extreme self-centeredness in which alcoholism thrives.

Clinics should be established for those needing release from personality defects **before** they turn to alcoholism.

What clinics could we not build in hospitals, churches, and schools, to discover and aid children needing assistance in such troubles, if we had half of the \$10,000,-000,000 handed out each year for liquor. We should establish classes in child psychology for mothers. These will come "in time" and we shall be "rid of this custom."

Rehabilitation and prevention must go hand in hand, but the whole battle is lost unless we change social acceptance. Any influence toward this change is so much to the good.

New Wonder Drug

“**E**CNENITSBALATOT,” or TOT, as we shall call it, will ‘prevent’ alcoholism as long as it is consistently used. It will ‘cure’ alcoholism in the same dosage.

“It can be taken by youngsters, or it can be started by men and women well along the road to alcoholism.

“For the latter, tests made by ‘Alcoholics Anonymous’ prove conclusively its effectiveness, since not one member taking TOT regularly has ever taken another drink.

“In addition to preventing alcoholism and social drinking, as a side result, TOT will among other benefits do the following:

- “1. Prevent drunkenness.
2. Reduce the chance of accidental injury.
3. Reduce the chance of divorce.
4. Reduce the incidence of disease, including venereal disease.
5. Promote a better position.
6. Help achieve a higher income.
7. Make a happier home.
8. Insure better health.
9. Increase the bank balance.
10. If taken from the age of 20 on, it will save the average American \$12,000 in hard cold cash.

To obtain the drug, see page 131.

THE FUTURE

(Continued from page 104)

society, but more important still we need education for life, what to believe about ourselves and our fellow human beings. We need education that will result in discipline for body, mind and spirit. The mass psychology of today too often leads to the acceptance of the sensual and the cynical as normal and the glory of men at his best is darkened. The restoration of idealism cannot be brought about by legislation as much as by education by home, school, church, press and government teaching a patriotism to the nation and a higher loyalty to man himself. The weapons of our warfare are spiritual.

Let us get a hint of what is possible. In recent months there has been a decrease in liquor spending, nearly a billion dollars. What lies back of this welcome trend? There are multiple factors of course, a fear of business recession, the increased cost of living, the levelling off of war prosperity and war gratuity spending. But there is more to it than such financial factors. There has been publicity in the press telling of crime and tragedy and facing facts realistically. Safety Leagues have been exerting influence. Courses at Universities such as Yale, Texas and Wisconsin have spread information and aroused interest. Temperance organizations have been very active in the Roman Catholic Church and many Protestant communions have conducted church-wide campaigns. 4,000 Alcoholics Anonymous groups with 100,000 members have set a new pattern of sobriety and have had an influence far beyond their membership. A Sunday afternoon audience of 8,000 persons at the recent Cleveland A. A. convention was news across the Continent. These educational forces are showing results and encourage us to hold to the method that is slow but sure of taking truth as a standard, love as a motive and service as an ideal.

Our appeal must be to conscience. Forgetting our differences of trade or temperance, abstainer or indulger, let us accept responsibility to guard North America. This is in the interest of all. A man who has held high office in the liquor industry said recently: "Somewhere some-

how, there must be an answer to this liquor problem." Let us look at the problem squarely as it has developed during fifteen years of Repeal. Here is a brief summary:

Profitable materialism.

Temptation to youth.

Hazards in industry and on highways.

Widespread drinking by women and girls.

Half-truth advertisements.

Corruption of politics.

Association with crime and vice.

Employment of 150,000 barmaids.

Alcoholics in rest homes, sanitarium and mental hospitals.

Four million problem drinkers.

One million chronic addicts.

Fifteen million arrests for drunkenness since repeal.

These are the facts that cry aloud for change and reform and they should cry aloud to every good citizen who sees the place of North America as a world leader among the nations.

Are our tools adequate? Let us remember two demonstrations in the last half century. Education, propaganda if you prefer, about the evils of the liquor traffic, led to the passing of a prohibitory law. Again, education of the public, or propaganda if you prefer that term, was used to bring about repeal. Twice in the past 50 years we have seen the power of publicity to create a mind-set and to change that mind-set. Need we any other instrument for the second half of the twentieth century? Education, and here I omit the word propaganda, is the effective tool if sufficient drive be put into it. The facts are becoming apparent to all. What is necessary is to tabulate and dramatize these facts appealing to reason and conscience in the name of patriotism and religious faith.

It will not be easy and we had best begin at Jerusalem. We must make our confession of guilt that we have allowed liquor outlets to match and sometimes outnumber churches. We have allowed communism to be more missionary than Christianity. We have been the pawns

of party politics and forces of evil have been able to divide and conquer. By our indifference we have allowed sin to be a community enterprise more aggressive than salvation.

What can we do about it? We can revise our standards of values and give their due place to Bible, Sunday, public worship, spiritual education of youth, health, integrity in private and public life. Present conditions are a challenge to the Church. A woman who was president of an organization in her congregation saw a family living opposite the church going down, down, down through drink and defeatism. She said, "If I cannot help that family I must resign my presidency." She took it as a personal test of her own efficiency and adequacy and by Christian love and psychological know-how won them to decency, prosperity and upright citizenship.

The issue is joined. It is right out in the open. Responsibility rests primarily upon the schools and the churches. If we have discovered the cure snug up against the cause, how shall we go about it? What shall be our strategy? Some of us here have spent half a century battling the liquor traffic and because of the billions of dollars of the trade, they have cut rings around us. The liquor traffic never had the prestige, power, wealth and social approval that it has at the present time in North America. Plainly argument, controversy and denunciation have not been effective. Can we discover higher tactics? Can we broaden our appeal, becoming inclusive where we have been separatist and exclusive?

Could this be a formula for future social action? Let us recognize that we are all fellow citizens, with common interests and perils and that we will fall or stand together. Alike we are creating conditions in which our children and grandchildren will have to live. This holds for us all, distillers, brewers, vintners, retailers, governments, churches, parents, men and women, drinkers and abstainers alike. Can we approach this problem together and at least reduce its magnitude if we cannot abolish the destructive intoxication habit altogether? We have failed to safeguard society because we have been split

into conflicting pressure groups. That way conditions may become even worse. Confronting the problem together a more excellent way might be found?

It is only by some such collective appeal and voluntary patriotic action that this complex social problem can be even partially solved and it can only come about when the religious groups, Jewish, Catholic, Protestant generate sufficient moral power to create a public conscience for sobriety, sanity and safety. The resurgence of liquor in the past 15 years in North America is a spiritual failure. Let us look for the cure snug up against the cause, **our moral compromise with paganism**. The cure rests finally with ourselves, all of us.

FROM SOCIAL DRINKER TO ALCOHOLIC

(Continued from page 106)

drank now you get a bit irritated if the subject is even brought up. When these three things come together, they show drinking has grown to mean more to you than to the average drinker. You have come to rely on it more—hence the gulping and the sneaking—and you are vaguely aware that you shouldn't feel this way. Therefore, you don't want to talk about how important liquor has become in your life.

At this point you can still stop drinking if you really want to. But if you do not stop your chances of becoming an alcoholic are very high.

Loss of Control

5. Now you are about 25 years of age and you consistently drink more than you mean to. About two years after your first blackout, you find that almost every time you drink more than you planned. You go into the bar after work with the intention of having a highball or a couple of quick ones and you are still there at closing time. Or you go to a party and wind up drunk without knowing quite how it happened. You can still control whether or not you will drink, but, if you take a drink, you cannot control the amount you will drink. You are still not committed to alcoholism since you are not "compelled" to drink.

In addition to this "loss of control" there are other

signs that you are definitely on the way to becoming an alcoholic. There is an extravagant behavior in money matters. You start buying things you don't need, and paying too much for them. You tip right and left; run up bills; pick up checks in restaurants. By these actions you are showing that liquor has helped you overcome a feeling of inferiority.

"Loss of control" is the red light—the basic or crucial phase of alcoholism. Liquor is beginning to "handle" you. You stop right there or go on to a "compulsion" with serious behavior changes first marked, perhaps, in extravagance both in expenditure and behavior. This is the only behavior of the alcoholic which is extraversive. All of his other behaviors are introversive.

Rationalization

6. You start excusing yourself for drinking. Unless you understand your "loss of control" within another two years or so you will have begun to build up excuses for it. You tell yourself that you really **can** handle liquor, but it's your birthday, or the weather's bad, or you've had a bad day at the office—there's always a reason why you drink too much. If there weren't a reason you wouldn't do it you tell yourself and other people.

The fact is that now you are feeling guilty (at least unconsciously) about drinking. You won't admit its hold on you. You think people are criticizing you; you tell yourself you have reasons for drinking that they can't understand. You have become defensive, and are building up a structure of alibis, excuses, and falsehoods.

Eye-openers

7. By the time you are 28, you begin to drink first thing you get out of bed, whether that is early or late in the day, to get started for the day. The "morning drink" is not for pleasure or sociability but as a kind of medicine. You tell yourself that you **need** it. You are feeling depressed, a bit shaky, or very possibly guilty for the night before. The drink eases your conscience. It lifts your ego. Although you don't know it, it helps strengthen the process of self-deceit which is making you more and more dependent on alcohol.

Solitary

8. Shortly after you begin drinking in the morning, you find that you really prefer drinking alone at any time of day. This is a very serious step, for most people consider the solitary drinker a misfit, one who uses liquor not for fun but for strange, almost perverted purposes. In fact, you have probably begun to drink alone because others are too critical of your behavior when you are with them. So you become an isolationist. You tell yourself, and believe it, that you have more fun that way anyway. What you cannot see now is that drinking has become a flight from reality into fantasy.

Anti-Social

9. You get anti-social when you drink. Solitary drinking is anti-social in that it shuts you off from the society you belong to. The next step is a violent one. You become destructive. You pick fights with strangers for no justifiable reason. You smash windows, tamper with parked cars, throw rocks at lights, knock down signs. You kick dogs, beat your wife, or strike your children. Your desire to cause damage is as strong as hunger.

Or if you don't become destructive, you become extravagantly self-conscious—afraid of people; you are sure they are whispering about you, critical of others. You spot a perfectly respectable stranger and sneeringly analyze his face, clothing, voice, behavior, and then, briefly, you feel better.

All this is one more sign that drinking has numbed the higher faculties of your civilized personality. Whenever **any** man drinks too much, he first loses his discrimination, his ability to judge his own conduct. Then his social restraint goes, and he starts acting like a savage. Eventually he may reach the level of an animal or a child where he is conscious of little except his immediate wants. More and more you have drowned in alcohol your ability to judge between right and wrong; you have begun to lose this ability. You realize this deep in your subconscious, and you have a growing sense of being inadequate, incompetent. But your remedy for this is more liquor, **another danger signal.**

Benders

10. By the time you are 30 you start going on benders. Now begins the acute stage of "compulsive" drinking. By this time you are a true alcoholic. This step comes from one to three years after you began drinking in the morning. You have passed the line that divides controllable from uncontrollable behavior.

A bender is a period (usually several days) during which you drink blindly, helplessly, with just one goal—to get drunk. You forget family, job, responsibilities, and even food and shelter. When the spell finally breaks you return to seeming sanity and swear "Never Again!" and mean it—until the next time.

Going on benders is called compulsive because you seem compelled to drink and keep drinking by something beyond your control. (At step 5 you lost control of how much you drank. Now you cannot even control when you drink.) Alcohol now seems to be a crutch, a prop, a refuge, but you realize that it is more of a monster.

You still refuse to believe that you are an alcoholic and you try to cut down on the drinking, or decide to go on the "water wagon." This will work if you stay on the "wagon" for the rest of your life, but usually you set a goal for yourself of a week, a month, or six months. Then you either fall into your former rut, or decide to establish a new drinking pattern—you will drink only with your friends, or only after 6 P.M., or only on days beginning with T. In either case you tell yourself that the periods of sobriety will give you a chance to recuperate and make a fresh start. You really don't intend to stop drinking. Although you don't know it, your framework of alibis and self-deception has grown until fantasy seems to you the only reality.

Resentments

11. You know deep remorse and deeper resentment. About the time you start going on a bender, you begin to think of yourself as a no-good, a drunkard, a failure as a man. You can't believe the things you know perfectly well you have done. You know you are wrecking the lives of those around you, and you condemn yourself bit-

terly. Often you feel so guilty that your only recourse is **further drinking.**

However, this mood is only temporary for working against it is the deep-seated conviction that your drinking is blameless, that you have good reasons for it but that nobody tries to understand them. When your self-excuses prove unequal to smothering your remorse, you give up that particular struggle. You stop resenting yourself, and start resenting others. It's all "their" fault, you tell **yourself.**

At this point you start falling into fits of unreasonable irritation over little things. Your wife forgets to wind the clock, your child leaves the door open, the neighbor's dog runs through your yard, so you tell yourself grimly that now you **will** have a drink.

Fears

12. Now you are about 31 and you feel deep, nameless anxiety. You begin to feel a vague but ever-present fear of retribution. You walk in terror, and you show it to the world by your trembling hands and vacant stare, your shaky steps and jumping nerves. You cannot light a cigaret, bring a cup to your lips, or tie your tie. People may call it the shakes, but it is less a physical reaction than an expression of fear.

Because you are so afraid you start to guard your liquor supply. Alcohol is the only thing you can turn to and you want to have it handy. Though you have a child-like unconcern about other matters, you become both clever and persistent about getting and protecting your liquor supply.

Admit Defeat

13. Now at 35 you realize liquor has you licked. Perhaps you have awakened to find yourself in a hospital, brought there with the D.T.'s or because you stepped in front of an automobile when drunk. Perhaps you saw yourself in the mirror after a prolonged bender and suddenly knew the truth. Perhaps you talked with someone whose opinion and counsel you still respect, and he made you see yourself as you really are.

Whatever it was that set off your reaction you accept the fact that your drinking is beyond your control. You

admit that you can't help it, and that all your fine excuses and alibis are only lies and self-deceit. You admit these things to yourself within five years after the nameless fear began—or you do not admit them to yourself at all.

Admit Need of Help

14. By this time you are in your late thirties or early forties and you must get help or go under. You are a shambling, haggard, twitching shell of what once was a man. You have thrown away love, respect, friendship. You have lost job, home, future. Your one solace, the bottle has proved false.

You are sick beyond imagining. You can be made well, but it will need your own strength plus that of probably many other people, plus time, plus the **certain knowledge that you can never touch alcohol again.**

The Way Out

15. Your one hope for a new life lies in one simple fact—facing the facts and admitting that outside help is necessary. Since you have admitted by this time that you are powerless over alcohol and that your life has become unmanageable, it will next become necessary for you to believe that a power greater than yourself can restore you to sanity. Help in acquiring this belief can come from a minister, or from Alcoholics Anonymous.

If you don't want to accept help from some outside person, and from a Supreme Power, you can take the next step—the gutter in Skid Row, where you will either die, or be picked up by the police, or one of the mission workers.

POLIO—AND ALCOHOLISM

POLIO, a disease that cripples *the body*, struck over 33,000 children and adults in 1950. A "March of Dimes" appeal calls for coordinated patient-care, scientific research, and \$50,000,000 to continue its vital humanitarian work in 1951.

ALCOHOLISM, the illness that cripples *the mind and its functioning*, claimed 950,000 sick people in 1950. An appeal thirty times greater for coordinated patient-care, scientific research, public health measures, public education—and \$1,500,000,000—would be needed to continue this humanitarian work on a similar scale.

THERE'S A SOPHISTICATED WAY

(Continued from page 112)

words, unless you're lucky you can't always escape a crowd that drinks, in business, in social contacts, even in some churches. How then do you get along in it?

Well, there's a sophisticated way to saying no, and every Christian young person should learn it. You find yourself in a cocktail party, for instance. If they hand you a cocktail, don't make an issue of it; take it and set it down on the table and leave it there. The Europeans always do that. They take hours over one drink. People will get the impression you're "Continental" in your habits, which I understand is a distinct social advantage. Or you may ask your hostess if she would mind your having something else to drink. She will usually name other liquors ending with ginger ale; you will nod on the last. She will then look a little sad and knowing, as if to say: "Too bad such a young man has ulcers," but you'll get what you want. If, however, your hostess says she's sorry, there's nothing else, then you must immediately look very hurt, as if to emphasize the fact that every sophisticated hostess should know enough to carry an alternate to liquor. In any case, you don't have to drink the alcoholic stuff: fifty million Americans don't. The discriminating hostess of today knows this and makes it a point to offer both kinds of drink in identical glasses and on the same tray, with the result that other guests can't tell whether it's a ginger ale or a highball that you're sipping.

Rule Number Three: don't ever think you've got more control than other people. This is the mistake we "intellectuals" often make. We somehow think that because our brains are highly trained we can escape the inevitable mechanical reactions of our bodies. We know how far we can go; we know when to leave it alone. All I can say is, Pascal was one of the great geniuses of all time and yet he wrote of human nature, "Never forget, we are as much automatic as intellectual."

As a matter of fact, the more intellectual a person is the more hopeless a drinker he can become. I recall talking to one of the leaders of Alcoholics Anonymous. That's

the organization which, as a lay movement, has had such success with fellow alcoholics. He said that about 50% of the people who joined their groups could be cured within a short time; 25% might lapse now and again but in a longer time could be cured. When I asked, "What about the other 25%, the incurables?" his answer was, "Most of them are intellectuals. They simply won't admit there's anything wrong with them. They still think their mind has the upper hand. They still think they can control themselves and because they won't admit the terrible mechanical, habit-compelling nature of the body and their helplessness in its grip, they can't be cured." I need not push that point further. Never forget, as human beings, we are as much automatic as intellectual. Don't think you've got more control than other people.

Then, in the fourth place, **if a Christian would keep his soul in an alcoholic society, he's got to watch his own tendencies to escape from reality.** For it is apparent, isn't it, that men drink not for a physical pleasure primarily but for a psychological release? It's the easy way out of responsibility, to live without reason or judgment, to forget disappointments and frustrations, to release tensions. The book of Proverbs says, "Wine is a mocker; strong drink means conflict; and no one who reels under it is wise." That's a free translation but one with psychological significance. Strong drink **does** usually mean conflict, but conflict too easily resolved, falsely, oh how falsely, escaped.

This, of course, is where the occasional drinker always has to be very honest and very careful with himself. The psychological tendency to escape responsibility which comes with even light drinking is often as much of a menace to others as the stupor which comes with heavy drinking. The National Safety Council says this about driving. One-fifth of all fatalities on the road are caused by liquor. Why? Because the driver was drunk? Not at all: drunken men seldom attempt to drive. It's the moderate drinker who causes the accidents. But again, why? Not because he can't hear or see or control the car but because with one or two drinks in him he's overconfident and takes chances; he has the attitude "I don't

care." And it's this attitude which menaces himself and others, this easy escape from the responsibilities and demands of reality. And this disease of which drinking is only a symptom is always sin to the Christian. Ultimately, there can be no reconciliation between "the fellowship of the concerned" and "the fellowship of the unconcerned," which is, unfortunately, the escapist philosophy of most persons when they drink.

All of which brings me to my fifth and last point: I'd remind us all as Christians never to neglect the spiritual center of life, that sense of supreme purpose, destiny and duty to God which, far from being an escape from reality, is a flight into Reality itself, saving us from that "cosmic loneliness," which is at the heart of every sick soul. For without the great Purpose men give themselves to lesser purposes. Without a God to worship they soon worship themselves.

The ultimate answer, as always, is in a deep, religious faith. If America is becoming increasingly addicted to drink it's because there's a terrible emptiness at her heart. Great responsibilities are ours as Americans, but we are at the center "hollow men" and we desperately need the salvation from above. When New England villages were first built, they used to have a custom of what was called "centering the town." The boundaries of the village would be determined; then lines drawn from the four farthestmost corners to bisect in the middle; and where the lines crossed, there the town was to be "centered." There at the exact center the earliest colonists built their church.

Yes, "wine is a mocker and no one who reels under it is wise." But it's also a terrible revealer, a revealer of the emptiness of much of our living. We've got a civilization, I'm afraid, that no longer is centered in God.

Youth and adults will soon begin to realize as you do that the alcoholic represents something more than a drunken sot. A careful study leads one to realize that but by the grace of God—It might be I.—Dr. Lawrence E. Vredevoe.

DOES DRINK AID CONVERSATION?

(Continued from page 108)

"For the time!" exclaimed Johnson. "If they care this minute, they forget it the next." Then he went on: "And as for the good, worthy man—how do you know he is 'good and worthy'? No good and worthy man will insist upon another man's drinking wine. . . . I allow it is something to please one's company. . . . But let us consider what a sad thing it would be if we were obliged to drink or do anything else that may happen to be agreeable to the company where we are."

Langton, another of the company, commented, "By the same rule you must join a gang of cutpurses."

Boswell then referred to a situation where a host insists that his guest should drink with him. Johnson sensibly replied, "Sir, there is no more occasion for your drinking with **him**, than his being sober with **you**." Boswell had to admit that "it would do him less hurt to be sober, than it would do me to get drunk."

Johnson put his final argument this way: "If a man must always have somebody to drink with him, he should buy a slave, and then he would be sure to have it. .

"They who submit to drink as another pleases make themselves his slaves."

When asked why he had quit drinking wine, Johnson answered in words that might well be the motto of every man: "Because it is much better for a man to be sure that he is never to be intoxicated, never to lose the power over himself."

This pride of moderation is always a highly individualistic affair—"I guess I can take care of myself, and I'm not my brother's keeper," but the individual does not realize how much the set of attitudes generated by this kind of feeling becomes the nurturing soil for the other fellow's habits.—Dr. Albion Roy King.

Those who live within a culture breathe in its atmosphere as inevitably as they breathe in the environing air.—H. A. OVERSTREET, *The Mature Mind*, 119.



KNOCK'S KNOOK

(Continued from page 132)

campus living. Campus experiences are funny, but not rowdy or out of hand. The students are never the butt of the program jokes. In short, one would gather from listening to this program that the "typical" American campus is peaceful and serene except for a few problems caused by persons who are temporal "bad boys." Fourth, this program lends itself to fulfilling a basic assumption of the industry which no other current program could do as well. No doubt this was the ultimate reason why the sponsor bought the program.

The basic aim of the alcoholic beverage industry has been and evidently still is to acquire social acceptance for its product. Obviously the sponsoring of this program is like a dream come true for the industry in this respect. Note the dressed-up commercials, and how short and few they are. But consider more carefully this: the real aim is to attach to the product the atmosphere of the wonderfully "typical" college life as portrayed by the content of the program. In short, by sponsoring this program the Brewing Co. is certain that they will increase the social acceptability of their product in the minds of the listeners. And they know that numbered among the listeners are two groups: the parents of current college students, and many faculty members and students. So they can feel sure that the drinking of beer by all connected with college campuses will receive stimulus and approval because they sponsor this program.

An article entitled "The Ivy Covered Bottle" appeared in this publication some time ago. It discussed the fact that drinking on the college campus often increased because the traditional ivy of the average college campus became so entangled around the beer bottle that one could hardly tell bottle from building. The point was well taken. We have in "The Halls of Ivy," a perfect example of how it is done with tremendous subtleness. The tragic thing is that in the several months that this program has been sponsored nothing has appeared in print to expose it for what it is. I guess that most of us are just gullible, and that is why such a turn of events can happen. It is

high time that those who can see through such subtle efforts of the industry start a first rate attempt to sabotage them. The winding of the traditional character of American colleges around a product in order to increase its acceptance ought to be called for what it is, and dishonored. We might like both the program and the popular song, but we must not be deluded by the sponsors to accept their product because it is subtly associated with "The Halls of Ivy."—SFK Jr.

CONSTRUCTIVE ACTIVITIES

FILMS ON ALCOHOLISM

FOR MANY years the rescue missions in the great cities have been facing alcoholism realistically—and with positive service. Four of these missions have recently produced films that portray the power of the Christian gospel in rehabilitating the alcoholic.

"OUT OF THE NIGHT"—the attractive title of a very unusual documentary film, sound, color, produced by the *Pacific Garden Mission* of Chicago. It dramatically portrays the ruin and then the rescue of a fine young man who became a victim of alcohol. (646 South State Street, Chicago 5, Illinois).

"OF SCRAP AND STEEL"—is another unusual sound, color film produced by the *Union Mission of Los Angeles*, the actual life story of a business executive who fell to the lowest depths and then was redeemed through the ministry of the rescue mission deciding to devote his life to that work rather than to go back into business when the opportunity was offered. (226 South Main Street, Los Angeles 53, California).

MEMPHIS, TENNESSEE—Jimmy Stroud, Superintendent of *Union Mission*, has produced a sound, color film portraying the work of that mission in complete detail—a fascinating story showing some of the miracles which happen in these modern life-saving stations. (107 Poplar Avenue, Memphis, Tennessee).

"THE CHURCH MOVES IN"—This is the latest sound film in black and white produced by the *Chicago Christian Industrial League*, an accurate and intimate picture of the inside working of a rescue mission with special emphasis upon the reclaiming of alcoholics. It gives some very intimate inside views of Chicago's Skid Row. (28 South Sangamon Street, Chicago 7, Illinois).

All of these films are available on a rental or purchase basis.

Alcohol robs you of that last inch of efficiency that makes the difference between first-rate and second.—GEORGE BERNARD SHAW.

*WONDER DRUG. This new drug was developed by experts in the American Business Men's Foundation, Chicago. Its formula is indicated by the letters of the name in reverse. See page 115.

Knock's Knook

“THE HALLS OF IVY” is known for two reasons, It is the title of a very excellent radio program.

One of the few really acceptable currently being broadcast. Also, it is the title of the popular hit based on the theme of the program. Now many fine things might be said about the program and the song. They are whole-



Stanley F. Knock, Jr.
Yale Divinity School

some, representative of the best in collegiate life and extremely good entertainment. No one would question the high level of either the song or the program.

The program began as a “summer filler”; that is, the network needed a program to fill empty time and was willing to experiment. To gain an audience several good script writers were approached and Mr. and Mrs. Ronald Coleman were hired to take the lead roles. By the end of the summer it was clear that this was far above the ordinary “summer filler.” The decision was reached to continue the program and offer it for sponsorship. This is the normal procedure. I don’t know how the sponsor was decided upon, but I’m sure I know why the sponsor wanted this particular program. If the following reasoning is correct, then it provides a significant insight into one of the basic tenants of the alcoholic beverage industry.

The sponsor is the Schlitz Brewing Co. They wanted this particular program in all probability for several reasons. First, it was a popular program with big name stars in the lead roles. This always makes a program enticing to a sponsor. Second, the program was, as I said before, wholesome, excellent, beyond any doubt. Third, the content of the program upheld the basic quality of

(Continued on page 130)

THE
INTERNATIONAL

APRIL,
1951

STUDENT

In This Number - -

University Sponsored Education
on the Alcohol Problem

Coming Intercollegiate School
at Cornell College

"What It Meant to Me" by students
who attended

Most Effective Paragraph

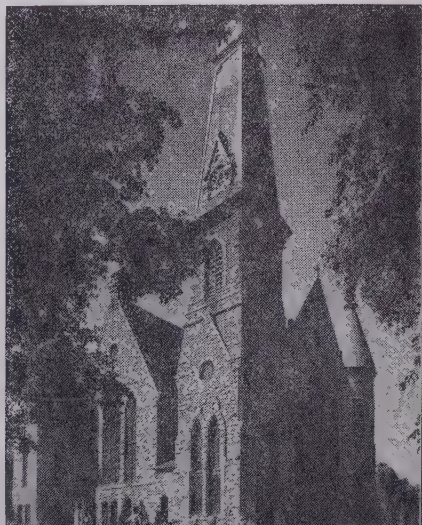
As "Wine Doth With Us"

High School Youth Find a Way

How Many Really Drink?

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Chapel
Cornell College,
Mt. Vernon,
Iowa.



THE INTERNATIONAL STUDENT

April, 1951

Vol. 48, No. 5

HARRY S. WARNER, *Editor*

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Cornell Intercollegiate School

IS IN GOOD COMPANY

June 17-22, 1951.

IN THE HIGH-STANDING company of the new Schools and Institutes on the Alcohol Problem recently sponsored by Universities, the Intercollegiate School of Alcohol Studies, at Cornell College, the last of June, finds itself to be the only one organized for college students, and their leaders. It is for the student of today who has questions to ask regarding beverage alcohol.

This unusual School offers a week of experience in which students of North American colleges may think together, discuss freely, listen to lectures by high experts, educators and scientists, and share in seminars, discussion groups, new-found friendships, and early summer recreation on the mid-western campus at Cornell College, Mt. Vernon, Iowa. See pages 139, 161-164.

For information, write The Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio.

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University Sponsored Education

ON ALCOHOL IN HUMAN LIFE

By Harry S. Warner

A VERY RECENT development, among the great variety of movements that for 150 years have been seeking the reduction of alcoholism and solution of the problem of alcohol, is the emergence, within the past eight years, of a series of university-sponsored Schools, Institutes, Seminars and educational conferences. Led by high-standing scientists and educators, this new trend in leadership in America recalls the time a hundred years ago, when the names of New England college and university presidents and professors stood high in the total struggle over alcoholic drink then just begun.

This new movement is far-reaching in its significance and doubtless will have lasting results. For it goes beyond the mere academic, beyond the search for new scientific knowledge. It seeks to make available, for active education of the public and for use in the schools and colleges, the accumulated and latest results of scientific investigation. Already, it has enlarged and made more accurate much public opinion on certain aspects of this age-old cult of beverage alcohol in human affairs. No longer can intelligent people regard alcohol as a necessity, a stimulant, a healthful food, an aid to creative ability—or to any other real accomplishment.

For the first time since the very beginning of the reaction against the tradition of "drink" in North America and Western Europe—the years of the temperance movement—there has been brought into **educational action** in the United States and Canada, a substantial part of the resources and personnel of advanced education. One result, among others, is that much keen thinking by those who seek positive advance, is now

turning toward the basic sources of the total problem of alcohol. Attention is being given, to a greater extent than heretofore, to causes, motivations and personality factors; to the social forces and traditions that initiate and perpetuate the roads to alcoholism. No longer is instruction on the question limited to the chemistry and physiological effects of alcohol and the spectacular and degrading outcroppings of the custom of intoxication as seen in the "old time saloon," and the new-time "tavern."

Among the institutions that have come into existence since the first Yale School of Alcohol Studies began this form of public instruction in 1943, there are some that express different, and to a limited extent, conflicting, backgrounds and emphases. But all are part of this significant new educational approach, that, through the democratic process of public discussion, has come into constructive service in recent years. Beginning with the latest to be organized—in 1950—the following are representative:

The Institute of Scientific Studies for the Prevention of Alcoholism at the Medical School at Loma Linda, Calif., began with a session of four weeks in July, 1950. The second has been announced for July 9-20, 1951. The course of instruction, organized on a graduate basis, offers four weeks of serious study and sociological research. It includes 20 lectures, 20 discussion periods, 6 workshops, 6 seminars and 4 field trips, "devoted to a scientific presentation of the physiological, the neurological and the psychiatric aspects of the alcohol problem on the human body, the nervous system and on personality organization." Attention is given to the history, legal, control and political aspects of the problem and to the study of ways and means of mobilizing social, religious, educational and economic resources to check and prevent the spread of alcoholism.

Among the lecturers are Dr. Andrew C. Ivy, Vice President in charge of the professional schools of the University of Illinois; Dr. Haven Emerson, New York, Public Health expert; Dr. John C. Almick, Professor of

Education, Stanford University; Dr. George T. Harding, President of the College of Medical Evangelists, Loma Linda; Dr. Cyril B. Ciurville, Director of the Cajal Laboratory of Neuro-pathology; and Judge Joseph T. Zottoli, of Boston. Organized for leaders the Institute develops the use of current material, rather than research, and gives particular attention to the beginnings of alcoholism, and seeks both prevention and rehabilitation of its victims. The director is Prof. Arthur L. Bietz, Institute of Scientific Studies, 107 Carroll St., N.W., Washington 12, D.C.

The Yale School of Alcohol Studies, the first and most noted of all the modern schools and institutes, closely related to Yale University, will hold its ninth annual summer session, July 7—August 3, 1951, in the university buildings at Yale. Organized on a high graduate level and coordinated closely with year-round research, the Yale School brings to leaders in education, public and social welfare, medicine, public health, and especially to those dealing with the specific problem of alcoholism and the alcoholic, the accumulated and latest results of scientific research and operating experience. It "presents a broad orientation for the more effective understanding of the functions of beverage alcohol in our society and of the many problems related to its use. The results of scientific research are integrated with the ethical, legal, historical, therapeutic, and other disciplined experiences . . . and then directed toward problems of application . . . such as education, control, rehabilitation, community organization, industrial effectiveness, specific research projects." Attention is given to the results of continuing research in detailed and new fields.

The curriculum consists of 62 lectures, 15 hours of seminars, and individual and informal group discussion and consultation with staff members. Among the lecturers, each outstanding in his field, are Dr. Howard G. Haggard, of the Laboratory of Applied Physiology and medical lecturer and writer of Yale; Dr. Selden D. Bacon, Sociology, Yale, Director of the 1951 Summer School; Dr. Roland H. Bainton, Ecclesiastical History,

Dr. Leon A. Greenberg, Research Associate in Physiology and others at Yale; Dr. Robert Fleming, Psychiatry, of Harvard; Dr. E. M. Jellinek, Dean, Institute of Alcohol Studies in the Southwest for seven years Director of the Yale School; and other high experts—a most impressive faculty group. The office of the School is at 52 Hillhouse Ave., New Haven, Conn.

The Institute of Alcoholic Studies, University of California at Los Angeles, is held each two years in the University Extension Department. It is designed "to provide an objective approach to the solution of the problem of alcoholism." Planned for educators and professional workers it provides definite information for service. "In recent years," says an announcement bulletin, "the problem of alcoholism has been of increasing concern throughout the state. A California Interim Committee has made a study. Private organizations have expanded greatly their programs . . . The University co-operates with a large number of public and private agencies . . . The Institute will emphasize what can be done through education and therapy."

Organized largely for experienced workers, the Institute offers a short, high-pressure three days of work. Among the lecturers of the last session (1949) were Dr. Haven Emerson, National Health Expert of New York; Dr. Lawrence Kolb, Medical Director of the State Department of Mental Hygiene of Calif.; Richard McGee, Calif., State Department of Corrections; Dr. Louis R. Nash, of Camarill State Hospital, and representative of the crime commission of the state. The 1951 session is scheduled tentatively for the summer quarter. Address for information, Extension Department, University of Calif. at L. A., Los Angeles 24, Calif.

The University of Wisconsin, Summer Session of Alcohol Studies, is a project of the University Extension Division, Madison, Dr. John L. Miller, Director. Its purposes are "to acquaint physicians, ministers, nurses, business men, teachers, social workers and other interested persons with the recent scientific developments

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What It Meant To Me

Students of 1950 express themselves.

IT WAS truly a remarkable experience, and I am working through campus organizations for a campus program and sponsorship for several representatives to next year's School

—MARIAN SAYRE, Willamette University, Salem, Ore.

To me the School represented and realized an honest, objective approach to the problem of alcohol, shorn of empty moralizing, and full of effective facts and stimulating discussion.

—BILL GERBERDING, Macalester College, St. Paul, Minn.

The Intercollegiate School has helped me greatly in discussing, with high school and college young people, the effects of alcohol on the body.—WILBUR D. COOK, Mt. Union College, Alliance, Ohio.

I was particularly impressed by the objectivity displayed in the lectures at the School. A subject so controversial as the alcohol problem is usually enveloped in propaganda. It was most helpful to be part of a group that is searching for facts.—RUTH FOGERTY, McMaster University, Hamilton, Ont., Canada.

After having attended the Intercollegiate School and experienced the warm, personal presentation of the factual data by extremely well qualified men, I see much more clearly the problem facing us, and, for the reason that I accept the responsibility of being "my brothers' keeper," I can no longer consent to even the so-called drink to be sociable.—MAURICE R. SMITH, Franklin and Marshall College, Lancaster, Pa.

Working together for a better way of life symbolizes what the Intercollegiate School on Alcohol meant to me. A college student has everything to gain by attending this school.—ROBERT L. ANDRICK, West, Va. Wesleyan College, Buckhannon, West Va.

The variety of opinions represented was truly the spice of this unusual school. The frank discussions of the alcohol problem were informational and absolutely thrilling.—EVELYN BENDER, Otterbein College, Westerville, Ohio.

The well-planned program of the first Intercollegiate School, featuring well-informed and inspiring speakers, gave me not only a true insight into the problem, but also many good ideas to aid its solution. I am sure that anyone who attends this year will not regret it.—O. FRANKLIN JOHNSON, Wittenberg College, Springfield, Ohio.

FROM THIS experiment it is easy to see that alcoholic intoxication interfered with the learned behaviors in the reverse order of learning. What was learned last was forgotten first, and what was learned first was forgotten last. Such is also the effect of alcohol on men and women. The conduct and habit patterns learned latest in life are affected first and the experiences and simpler functions learned earliest in life are affected last.—E. M. JELLINEK, D.Sc., Yale School of Alcohol Studies, in *"Alcohol, Cats and People."*

Moderate and Excessive

SHARE IN DRINK CULT

By Edward Winkless, Psychologist

IN HIS BOOK, *Civilization on Trial*, Professor Arnold J. Toynbee points to alcohol as one of the chief agents in the disintegration of human cultures. The entire responsibility for this cannot possibly be laid on the excessive drinkers. They were in the minority. It must lie largely with the moderate drinkers, for deterioration of human culture and environment commence with the first glass. The moderate drinker makes a grave blunder in thinking that the alcohol problem is confined to chronic alcoholism. The following points are submitted for his consideration:

1. The moderate drinker makes use of alcohol primarily because of the false feeling of well-being that follows its consumption.

2. Moderate drinking is always accompanied by a loss of self-criticism, sound judgment and self respect.

3. The phase of drinking readily defended and sanctioned by moderate drinkers (their own drinking) results

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From *Psychological and Social Aspects of Moderate Drinking* by Edward Winkless, a lecture at Hayward's Heath, Sussex, England, June, 1950. The pamphlet is published at 12 Caxton St., London S.W. 1, England.

Most Effective Paragraph

IN ALCOHOL LITERATURE

By Isaac Foot, M. P.

THE MOST EFFECTIVE paragraph in all temperance literature is one in the report of the Advisory Committee appointed by the Central Control Board (Great Britain) that bears the title, "Alcohol: Its Action on the Human Organism." This paragraph is widely familiar; it has been much quoted but may well be quoted again:

"Alcohol successively weakens and suspends the hierarchy of the brain, and therefore of the mind, in the order from above downwards.

"Without signs of intoxication in the full ordinary or legal sense of the term, the bearing and individual attitude of mind suffers temporary change as the drug takes effect; and those in contact with the person so affected have for the time being to deal with an altered individual whose mind lacks temporarily its normal factor of judgment and conspicuous elements of its self control."

When I was a boy at school that passage had not been written, but as I grew up I saw something of this "altered individual" without the assistance of the vocabulary of the able scientists who composed the Advisory Committee. I am not thinking of the hundreds of cases of which one reads in the daily papers, but of the many within my own personal experience, where I have seen "the altered individual."

"Altered" Individual

In most of the instances the case was not one of drunkenness at all. But I have known the reticent to become dangerously communicative; I have heard the reserved become insolently self-exposing; I have seen the peaceful

Condensed from the Winterton Memorial Lecture, by Hon. Isaac Foot, M.P., in London, March 25, 1949. From *The Tribune*, *Die Kampvegter*, Cape Town, South Africa, July, 1949.

AN ANESTHETIC operates in reverse direction to that of the growth of the Mind—

- from youth to maturity;
- from savage to citizen;
- from introversion to social responsibility;
- from automatic reaction to volition and spiritual capacity.

Modern research classifies alcohol as an anesthetic.

man become publicly quarrelsome; I have heard the self respecting man become offensively libidinous, even in general company; and I have known the keen business man, with whom the secrets of his employers or colleagues are normally absolutely safe, become so loose-tongued in his cups, that, as the result of one or two ill-guarded words, hundreds of pounds were lost in the midst of negotiations.

The difficulty in these cases is that no one dares to tell the whole truth of his own experience with them. It would be ungracious to speak ill of those who are gone; and there are their children and friends to be considered. Further, our criticism is not of them—but of the thing that wrought this change in them, altered them for the worse.

“Altered” Motor Driver

Under our present law a man applies for a license to drive a car on the public highway. He answers a series of questions about his sight and any physical disabilities that he may have. Then this driver takes some intoxicating liquor. One may be more readily affected than another. But the man who is affected, on the high scientific authority that we have quoted, is an “altered individual.” The man at the wheel is not the same man as the one whose name is on the driver’s license.

Those engaged in making and selling strong drink have never been able to devise any method for making their trade less dangerous. Inevitably a clash arises between their sectional claim and the claim of public interest.

As "Wine Doth With Us"

UP-TO-DATE TWO CENTURIES AGO

Compiled by Arthur G. Skeeles

THERE WAS also another kind of root very juicy, but somewhat rare and difficult to be found, which the Yahoos sought for with eagerness, and would suck it with great delight; and it produced in them the same effects that wine doth with us. It would make them sometimes hug, and sometimes tear one another; they would howl and grin, and chatter and reel, and tumble, and then fall asleep in the dirt."

—JONATHAN SWIFT, *Gulliver's Travels*, (1726).

It (not drinking) is a diminution of pleasure, to be sure, but I do not say a diminution of happiness. There is more happiness in being rational . . . When we talk of pleasure, we mean sensual pleasure Philosophers tell you that pleasure is contrary to happiness. Gross men prefer animal pleasure. So there are men who have preferred living among savages.—SAMUEL JOHNSON, (1778).

Wine gives a man nothing. It neither gives him knowledge nor wit; it only animates a man, and enables him to bring out what a dread of the company has repressed. It only puts in motion what has been locked up in frost. But this may be good or it may be bad.

—SAMUEL JOHNSON.

"Before dinner men meet with great inequality of understanding; those who are conscious of their inferiority have the modesty not to talk. When they have drunk wine, every man is happy, loses that modesty, grows impudent and vociferous; but is not improved; he is only not sensible of his defects."—SAMUEL JOHNSON,

—From *Boswell's Life of Dr. Samuel Johnson*, (1778).

"Wine was not imported among us into England from foreign countries, to supply the want of water or other drinks, but because it was a sort of liquid which made us merry by putting

us out of our senses, diverting all melancholy thoughts, begat wild extravagant imaginations in the brain, raised our hopes and banished our fears, suspended every office of reason for a time, and deprived us of the use of our limbs, till we fell into a profound sleep; although it must be confessed, that we always awaked sick and dispirited and that the use of this liquor filled us with diseases, which made our lives uncomfortable and short."

—JONATHAN SWIFT, "Gulliver's Travels" (1726).

Sir Joshua: At first the taste of wine was disagreeable to me; but I brought myself to drink it, that I might be like other people. The pleasure of drinking wine is so connected with pleasing your company, that altogether there is something of social goodness in it.

Johnson: Sir, this is only saying the same thing over again.

Sir Joshua: No, this is new.

Johnson: You put it in new words, but it is an old thought. This is one of the disadvantages of wine, it makes a man mistake words for thoughts.

Boswell: I think it is a new thought; at least it is in a new attitude.

Johnson: Nay, Sir, it is only in a new coat; or an old coat with a new facing. (Then laughing heartily) It is the old dog in a new doublet. An extraordinary instance, however, may occur where a man's patron will do nothing for him, unless he will drink; **there** may be a good reason for drinking.

I (Boswell) mentioned a nobleman, who I believed was really uneasy, if his company would not drink hard.

Johnson: That is from having had people about him whom he has been accustomed to command.

Boswell: Suppose I should be *tete-a-tete* with him at table.

Johnson: Sir, there is no more occasion for your drinking with **him**, than his being sober with **you**.

Boswell: Why, that is true; for it would do him less hurt to be sober, than it would do me to get drunk.

—From Boswell's Life of Dr. Samuel Johnson.

High School Youth Find A New Way

By W. Roy Breg

ALLIED YOUTH is a national alcohol education organization, with headquarters in America's capital, and reaches high school students all over the country. Its interest is in a program of alcohol education, alcohol-free recreation, character and personality building. Allied Youth believes that sound character and integrated personality are among the most valuable assets youth can have in meeting the pressures toward drinking.

Positive Approach

Allied Youth is positive. It aims to help adolescents find satisfying substitutes for drinking and ways of meeting social pressures. It develops the inner disciplines and personal resources necessary to meet the tensions of modern life without using the crutch of alcohol. It shows youth how to have fun and excitement through a variety of social and recreational activities that do not involve the use of alcohol. Allied Youth is non-political; it does not attempt to pass or enforce laws. It is non-sectarian; welcomes on an equal basis young people of every faith and of no faith. Scientific, it rejects whatever "facts" cannot be confirmed by the best authorities,

Allied Youth enjoys the friendly cooperation and support of the National Education Association, the General Federation of Women's Clubs, the National Congress of Parents and Teachers, the United States Office of Education, many of the State Departments of Education, churches and civic clubs.

As Executive Secretary of *Allied Youth, Inc.*, Washington, D. C., W. Roy Breg is leading a constructive and modern program of educational activities, to counteract the pressure of the alcohol custom at the very age-period that most young people who drink, begin their drinking. His work, therefore reaches the "tap root" of the problem today. He and his associates visit hundreds of high schools each year. Address, 1709 M St. N.W., Washington 6, D. C.

Housed for ten years in the National Education Association Building and now having headquarters of its own, Allied Youth has been close to the nation's leading educators and has the influence and backing of outstanding leaders in the business, civic, and social life of the nation. Operating with a small staff, it goes into the high schools, where the Allied Youth approach is presented to the entire student bodies. At the close of the assemblies, interested young people get together and plan for organizing their Post, or social club. There is a teacher sponsor, there are youth officers, there is a national magazine, **The Allied Youth**, which goes to all members. There are regular educational and social meetings. Allied Youth establishes a fellowship of youth who do not believe it is necessary to drink to be smart. It promotes a recreational and social program for the school and community. In this way the Allied Youth Post breaks down social pressure that favors drinking. Undergirding it all is a program of education carried on through group discussions, trips to alcoholic clinics and courts, or meetings of Alcoholics Anonymous, and through "Show Me" tours to other places where the facts may be ascertained.

Need for Education

Allied Youth believes sincerely that there is a need for alcohol education. The problem of alcoholism in America is reported to be the fourth in rank as a public health problem. There are estimated to be 4,000,000 alcohol addicts, or excessive drinkers, who are continually in trouble with their families, employers, and communities. The Yale School of Alcohol Studies, which has pioneered a program of effective research on the problem, indicates that two-thirds of these alcoholics start their drinking by the time they are of teen age.

A program of alcohol education succeeds best in a high school because it is here that the problem of drinking first becomes realistic and where the pressure for drinking first becomes acute. The high school is the place where millions of boys and girls get objective data about social problems and skill in interpreting these problems.

Objective Study

The problem of alcohol is a real one. Therefore, it is likely to be controversial and emotional. Wherever the emotional factor is allowed to creep in strongly, it obscures facts and makes objective interpretation and understanding difficult. Therefore the sound educational program on this subject must be devoid of moralizing and preaching and must appeal to the reason rather than the emotions of young people. A sound alcohol education program must be honest. It must face up to the discoveries of modern universities and freely reject any "facts" not supported by the findings of university research. A sound alcohol education program must speak the language of teen-agers. It must answer the questions teen-agers ask not theoretical questions adults may conjure up. It must understand the interests of teen-agers and relate the program to those interests. I submit that the average teen-ager today is not greatly concerned about the problem of alcoholism as far as he himself is concerned unless he sees alcoholism in his own home. He is very much concerned, however, about how the use of alcohol will affect his social relations and his athletic prowess. He wants very much to know how to face the social pressure for drinking when he is out with the gang on a date next Friday night. This program, to be effective, must understand why young people drink. Surveys among high school students indicate two major reasons:

(1) They drink because they are bored and have nothing to do; they lack adequate recreational or social facilities;

(2) They think drinking is smart and they fear they will be unpopular with the crowd if they do not go along with drinking customs. There is a widely accepted idea—unconscious though it may be—that drinking and prestige are connected.

A good program of alcohol education must not develop fear or new conflicts. All education today must be concerned about mental hygiene and it is not sound mental

hygiene to build fears and conflicts in young people. Here again we run into the problem of how to reconcile teaching that a practice is dangerous when a majority of respectable people engage in that practice.

Help Develop Personal Resources

Most important of all, a sound program of alcohol education must be positive. It must offer something to young people, not merely attack and denounce. I suggest that it should offer young people ideals, not taboos. Ideals are positive and broad; taboos are negative and narrow.

The purpose of all education should be primarily to build the kind of personality that can adjust to the modern world. This is important in the field of alcohol education. Alcohol education must give young people facts. Of that there can be no doubt. But even more important, it must help adolescents develop the personal resources necessary to meet the tensions which produce many of the maladjustments at the bottom of alcoholism. It must "build the inner disciplines which can hold life together and keep it from flying apart beneath the centrifugal pressure of modern living." Since alcohol is often used as a crutch, the program of alcohol education must offer to young people an opportunity to develop personalities that do not need crutches and provide activities which do not involve the dangers of alcohol. In a word, it must show young people how to deal with the misery of life without making themselves more miserable in the process.

And Social Responsibility

There is room for character training in a program of alcohol education. There is a place for the teaching of responsibility, for the building of the realization that the use of alcohol involves problems for all society.

This is a philosophy for a program of alcohol education in the high school. It is the philosophy of Allied Youth.

Allied Youth meets the recreational and social needs of youth. Its social events are renowned all over America. Allied Youth establishes within a school and community

a fellowship of youth who do not believe it is necessary to drink to be smart.

The test of any organization is whether it works. Measured by that test, Allied Youth succeeds. It is known everywhere as an authoritative clearing house on alcohol education. It is respected and endorsed by educators because its technique works with youth.

Allied Youth often becomes the most popular club in school. It appeals to student leaders of every kind. There are schools where a majority of football players belong to Allied Youth. In one school a girl chose to be president of Allied Youth rather than to be president of the entire student body of 1,500.

Young people accept Allied Youth. It appeals to a surprising number of them—some who have already adopted drinking practices. One young man made this statement in a student assembly after the Allied Youth representative had spoken, "I admit that I have been a member of the drinking crowd in this school. But never until this morning did it ever occur to me to question whether it wasn't perfectly all right for me to drink." That boy—who had been drinking since Junior High School—became president of his Allied Youth Post!

Yes, Allied Youth works because it is a positive program. It says to young people, "Here is a way of life offering you more satisfaction, more success, and more happiness than you can achieve through the practice of drinking." Modern young people are quick to sense the value in that kind of program, to accept it, and to put it to work in their schools and communities.

NO ONE is born into the world with a taste or desire for alcohol; it is not an inborn, innate, inherited characteristic. It is always an acquired taste, the outcome of social tradition, social custom, social example which has to be reimpressed upon each succeeding generation.—COURTENAY C. WEEKS, M.R.C.S., London, England, in an address to the World Student Federation Against Alcoholism.

How Many People Really Drink?

By Deets Pickett

A RECENT Gallup Poll indicates that 60% of adults are today drinkers of alcoholic beverages. The accuracy of this estimate need not be doubted—but there are many kinds of “drinkers.”

There is the man who drinks anything he can get his hands on—he is an alcoholic or addict or is on his way to alcoholism or addiction.

There is the man who drinks when he feels he “needs” it. He is probably on the way to addiction also, but he does not know it.

There is the man who has no psychopathic urge to drink whatever, and with an ideal of “moderation.” He may drink for some years or without an “appetite” for it. In all probability, after a sufficient length of time, he will find that he is developing a “need” for alcohol. He stops, if he knows the consequence of this “need,” or he goes on until the need develops into a “problem.” Probably he can handle his problem without too much difficulty if he cuts off drinking completely and without loss of time, as soon as he knows he has one. It will take quite a little manhood, however, to do it.

There is the man who was reared in an abstaining home, who has changed his environment and drinks in deference to the custom of the new group of which he is a part. Intellectually, he rejects his own compliance and probably he will stop drinking in time unless he has a psychopathic urge of which he was not originally aware.

“There is the man in business or public life who does “token” drinking. He will take a cocktail if it is offered to him, and try to make it last through the evening, or he will merely hold it in his hand as a defense against other offers. He doesn’t want his attitude to imply rebuke of

Dr. Deets Pickett, Research Secretary of the Methodist Board of Temperance, Washington, D. C., and editor of *The Clipsheet*, was a Fellow of the First Yale School of Alcohol Studies, and attendant at successive Refresher Courses, since, and author of

What you want to know, if you are trying to help a young person out of his difficulties, his habit, his sense of shame, or whatever it is that bothers him, is not how many times he has been drunk, but why he got drunk in the first place. What basic psychological satisfactions, what ministrations to the spirit, came about because of his drinking. And then you get at something that is creative in the situation.

—DR. ALBION ROY KING, *Basic Information: Motivations.*

those who do drink but he would rather be an abstainer. As some of the colored people say, "He splits the 'diffunce'" and tries to do as little drinking as he can get away with without being conspicuous.

There is the man or more probably, the woman, who won't drink but is careful to compensate for his or her deviant attitude by unusual attainment in some field of culture or activity which is accorded general recognition, or by carefully developing a high degree of social aptitude and poise. These people are universally popular and their refusal to drink doesn't hurt them at all; indeed, it is usually considered a part of an interesting personality.

"Should the man who drinks three or four times a year, very moderately, be called a "drinker?" As a matter of fact, he is not even a "moderate" drinker. He is a "casual" drinker, one who believes, perhaps mistakenly, that his occasional drinking is of no significance to him or to anyone else. But he is supporting a custom and traffic which, in the round, constitutes one of the three or four greatest problems confronting this country today.

The first Intercollegiate School at Otterbein College has meant a great deal to me throughout the year. I appreciated the objective approach, the freedom of discussion, the variety of available source material, and the high calibre of the instructors. I was particularly impressed by the strength of the conclusions reached. It was the most helpful conference I have attended during my two years as a dean.—DR. WAYNE H. CHRISTY, Dean of Men, Westminster College, New Wilmington, Pa.

UNIVERSITY SPONSORED EDUCATION OF ALCOHOL

(Continued from page 138)

dealing with the problem of alcohol and alcoholism." The Session recognizes "that alcoholism is fast becoming one of the more serious United States health and social problems." The announcement says that for this reason the University has joined with the Wisconsin State Bureau of Alcohol Studies in sponsoring the six-day Summer Session."

The program for 1951, June 25-29, includes the following: Dr. E. M. Jellinek, "Magnitude of the Problem," "The Physiology of Alcohol," "Drinking Behaviors," and "The World Health Organization on Alcoholism." Dr. Jellinek, of the Yale School of Alcohol Studies, the Institute of Alcohol Studies in the Southwest, at Texas Christian University, Fort Worth, author and editor of basic scientific books and magazines, has now a position with the Section on Alcoholism of the United Nations.

Dr. Marshall B. Clinard, Sociology, University of Wisconsin, "The Sociological Aspects of Alcohol"; Dr. James R. Hurley, psychiatrist, Milwaukee, "Effects of Alcohol on Personality and Behavior"; Dr. Fritz Kant, Wisconsin, "Psychiatry in Treatment of Alcoholism"; Henry A. Mielcarek, Personnel Service of the Allis Chalmers Company, "The Problem of Alcoholism in Industry"; John Haley, "Alcoholics Anonymous Program"; Walter O. Cromwell, Wis. Department of Public Welfare, "State Programs on Alcoholism"; other experts on "Health Education in the Schools," "The Courts and the Alcoholic," "Advertising and Propaganda," and panel discussions. For additional information address, J. L. Miller, Director, 206 Extension Bldg., University, Madison 6, Wis.

An **Institute at New York University** on School and Community Problems, annually in the summer session, is coordinated with other summer courses and credit for students seeking degrees. It is attended by teachers, welfare workers, health and religious leaders in educational activities. It has been encouraged from the first and is

utilized by the temperance agencies providing teachers and speakers in churches and schools.

Attention is given to (1) Alcoholism and public health, medical, social, legislative, rehabilitation and educational problems; (2) Evaluation of techniques and material for study and teaching; (3) The development of a unit of instruction for use in schools. The faculty is composed of professors from the New York University, Columbia, Chicago, and the N. Y. Board of Health.

In the **Pacific Northwest**, the University of Oregon, Eugene, has been offering for several years in January to March, a combined public and university course on the Alcohol Problem with credit in Education for upper division and graduate students. Freedom of attendance and full participation are open to active teachers as well as students, to welfare workers, community leaders and interested citizens. Lectures each week are followed by discussion and applied activities. Associated with the educational system of the State of Oregon, the influence of this extension course has been greatly enlarged by means of a series of local institutes and activities throughout the state.

Oregon School of Alcohol Studies. In addition to the courses of instruction for teachers, given from Eugene and Portland, by the State System of Higher Education to 500 teachers in the past three years, a School and workshop for advanced study will be held at Oregon State College, Corvallis, July 18-29, under the joint sponsorship of the College and the Extension Division of the State System. The purpose of the School is to acquaint physicians, social workers, law enforcement officers, and others interested with recent developments related to the problems of alcohol. Among the titles of the lectures are such as: "Nature of the problem of Alcohol," "Origin of Drinking Customs," "Magnitude of the Problem," "Psychological Effects of Alcohol," "Alcohol and Traffic," "Alcohol and Crime," "The Educational Approach to the Problem," and "Attitude of the Churches." Among the speakers, are Dr. E. M. Jellinek, Dean, Alcohol Institute in the Southwest, Ft. Worth,

Texas; Drs. Leon A. Greenberg and Raymond G. McCarthy, of Yale; Dr. R. N. Harger, Indiana University Medical School; Rev. Franklin Hudson, Presbyterian Pastor, of California; Drs. Harold Bernhard, Education, Joel V. Berreman, Social Psychology, Laughlin Williams, Anthropology, Franklin Zeran, Education, of the University of Oregon and State College; J. J. Quillian, Judge of the Municipal Court, Portland, and others—a program of high experts.—Dr. W. K. Ferrier, Director, 519 S.W. 3rd Ave., Portland 4, Ore.

The Institute of Alcohol Studies in the Southwest, conducted a Summer School, or “Yale School in the Southwest,” at Texas Christian University, Fort Worth, in 1949, Dr. E. M. Jellinek, Dean. It was under the joint sponsorship of Texas Christian and the Laboratory of Applied Physiology at Yale. A substantial course of three weeks, the faculty included the experts of Yale and of universities of Texas, welfare agencies, Alcoholics Anonymous, and the National Committee for Study of Alcoholism. Organized on a full graduate basis it enrolled educators, ministers, physicians, public school administrators and civic leaders. It was one of the largest attended of any of the schools and institutes so far held. It is not holding a session in 1951.

A School of Alcohol Studies and Workshop on Alcohol, at George Pepperdine College, Los Angeles, Calif., in 1949, was a project of graduate rank for religious leaders, educators, doctors and welfare workers. It was designed to make available “the latest information on all phases of the subject . . . to present opportunity for participation in workshops and seminars devoted to preparing new material, techniques and methods of presenting the subject,” and “to develop a sound educational approach.”

Held in August, three sessions a day, the two weeks scheduled daily lectures by Dr. Albion Roy King, Philosophy, Cornell College, Iowa; on “Education and Propaganda,” Basic Information for Educational Programs,” “Motivation Underlying the Habitual Use of Alcohol”; three lectures on “Psycho-dynamics Related to Alcohol,” by Dr. Kurt Fantil, Consulting Psychologist, Los

Angeles, Department of Health"; "The Responsibility of the Church to the Alcoholic," by Dr. Norman Taylor; "The Emotional Basis of Alcoholism," "The Results of Recent Research," "The Need for Objectivity in Alcohol Education," "Alcoholism and Mental Hygiene Problems," by other speakers and the scientific information by Dr. Haven Emerson, former Health Commissioner of New York City."

The **Pennsylvania School of Alcohol Studies**, Juniata College, Huntingdon, Pa., will hold its seventh annual session on that mountain-view campus, July 16-20, 1951, Dr. George F. Dunkelberger, Professor Emeritus of Psychology and Sociology, Susquehanna University, as Dean. This School—the second oldest of all that are related directly or indirectly with colleges and universities—is sponsored by the temperance agencies of the state. It seeks "to make available to its student body the knowledge discovered about beverage alcohol through scientific research, and to consider ways and means to implement this knowledge in dealing effectively with the alcohol problem." It includes lectures, daily workshops, discussion and demonstrations of educational techniques. Among the speakers and themes for 1951 are the following: An Orientation lecture, by Dr. Dunkelberger, Dean: "The Effects of Alcoholism on Persons and Personality," Dr. Samuel B. Haddon, M.D.; "Today's Alcohol Problem," Rev. Clifford Earle, Division of Social Education and Action, Presbyterian Church; "The Cult of Alcohol and Modern Drinking" and "The Social Roots of Drinking and Non-drinking," Dr. Carl A. Nissen, Sociology, Ohio State University; "Pastoral Counseling," Rev. Dr. John Park Lee; "Legislative Controls," Elizabeth Smart, Washington, D.C.; "The Psychological Effects" and "Physiological Effects of Beverage Alcohol," by Dr. Orville M. Fitzgerald, M.D.; and "Assets and Liabilities in Solving the Alcohol Problem," Dr. Earl F. Zeigler, Editor, Presbyterian Board of Education.

The **National Council on the New Approach** to the Alcohol Problem, in its fifth annual session at the

University of Chicago, April 17-20, 1951, is sponsored by The National Temperance League of America. It seeks to bring to ministers, civic leaders, educators, temperance workers, leaders of Christian organizations of young people and others interested, the up-to-date scientific and practical information that will aid them as leaders in active service. Accompanying the lectures of experts, reports of experience in seeking solution—in educational and other activities—are exchanged and discussed in the light of "The New Approach" in educational procedure and scientific knowledge.

In four crowded days of lectures and inspection of Chicago welfare and other centers, the 1951 program gives much attention to the ethical, religious, economic and social aspects of the present-day problem—such as, "Dealing With Alcoholism in Industry," by Henry Mielcarek, manager of personnel service in a great industrial plant of Milwaukee; "Organizations Essential to the Solution of the Problem," by Major Clayton R. Wallace of the National Temperance League; "Alcohol and the Military," by Dr. Milton A. Marcy, Tacoma, Wash.; "Conscience and Alcohol," Dr. Martin H. Bickham, Sociologist; "Women and the Alcohol Problem," Dr. Marie Finger Bale; "The Theological Seminary and the Problem," Dr. Rufus D. Bowman; "Welfare and Alcohol," Dr. Samuel Marsh. One feature is a forum on "What Is Being Done to Aid Solution"; another a session of youth speakers; a third, a tour of inspection of related activities in the city of Chicago, "The Industrial League, Hull House, rehabilitation centers for alcoholics, libraries of the temperance agencies, and the centers of a great city such as "Skid Row," where the victims of alcohol are most abundant. This tour is under the guidance of The Chicago Juvenile Protective Association.

In addition to these university-related Schools and Institutes, there are an increasing number of courses of instruction on the problem for teacher training purposes, in and associated with colleges, teachers colleges and universities. Among them, the pioneer of all, are specialized mid-winter and summer groups at Evanston,

Ill., sponsored by the National Woman's Christian Temperance Union with the cooperation of Northwestern university. This type of education—differing somewhat to students taking the course with other work at the university. This type of education—differeing somewhat from the field of this article—and the courses given in colleges in largest part for teachers, are also parts of the total picture of high educational activity in the alcohol problem today.

On the whole, a thoughtful, discriminating and yet realistic leadership seems to be coming anew into public education on the social problem of alcohol. A sense of responsibility for service, as well as for research, for specific application of existing knowledge of the alcohol custom, to health, safety, industry, the growth and character of personality, and to the moral standards of the community, seems to be spreading in the field of higher education. That means much for all activities that are seeking solution—or progress toward solution of the alcohol problem.

This “new approach” through objective study and free discussion has brought into public attention, as never before, a sense of the importance of seeking all the sources—those that center in the person, as well as those that come from the environment; the tradition of “drink,” as well as the traffic and its propaganda; those that come into existance in the crises of life, as the drinker progresses through stages of mild, to heavy intoxication and inebriation, as well as the “kick” of alcohol itself.

And by high-lighting “the alcoholic”—the 4,000,000 of him and his fellow “excessives,” this new way of thinking has brought back the emphasis of the pioneers of the temperance movement to the victims of drink—then called “the drunks,” now alcoholics.

It is also calling attention to the very complex nature of the problem in modern living, to its persistence through the ages, the nature of its influence among various nationalities, the strength of its social prestige in much of the “upper-upper” and the socially aspiring middle and near-upper strata of society.

But it has turned spot-light attention on these tap-roots of alcoholism and the alcohol problem, and on the necessity of understanding them, including them frankly in study, discussion and programs toward improvement. And it is making clear and basic the positive approach that calls attention to the healthful life that does not depend on alcohol as the normal natural life, without in the least discounting the part that personal abstinence, self-control and law must have in a full-fledged program for freeing human culture from the cult of intoxication and alcoholism. The gigantic problem of Public Health—physical, mental, social—thus recognized—thus made realistic to millions—has thereby been given a scientific foundation and educational aid that may be the most constructive of the 150 years of reaction against “drink.”

MODERATE AND EXCESSIVE SHARE IN DRINK CULT

(Continued from page 140)

in a measurable interference with normal individual behavior, thus rendering the drinker an altered individual.

4. That the moderate drinker's psychological and social environment varies, and this in conjunction with the effect of alcohol on the higher mental faculties, can and does introduce a substantial measure of uncertainty, vulnerability to abnormal behavior, and bouts of excessive drinking.

5. Moderate drinkers and the liquor interests jointly disown the excessive drinker and claim that he is a small minority of the drinking community. It then must be the moderate drinkers who are responsible for the continuation of the drinking practice and the alcohol problem.

6. As the main supporters of the liquor industry, moderate drinkers contribute the largest sum to the profits of the industry, thus making possible the schemes of the trade that create new generations of drinkers by the exploitation of human credulity through insidious propaganda.

Not Merely A Personal Problem

In Modern Complex Society

THE MORE COMPLEX our society becomes, the more truly man becomes his brother's keeper. Alcoholism was once primarily a personal or family problem; today it is even more importantly a social problem. Every man or woman who drinks to excess—and nobody who drinks can be sure that he does not or will not drink to excess—is a danger to all who come in contact with him—whether as pedestrians or motorists, or as superiors or subordinates dependent upon his judgment and upon his functioning as an efficient member of a team.

Alcohol is a social problem, moreover, because the traffic in it so frequently attempts to overawe and undermine the governmental servants of the people. We must as citizens be doubly vigilant on that account to keep it sternly regulated and to protect the purity of our public service. —GIDEON SEYMOUR, Executive Editor, *Star and Tribune*, Minneapolis, Minn.; former correspondent, *Associated Press*.

ALREADY OLD AT TEN

An Outcome of Alcoholic Culture.

WITH THE QUIET, deep shame of childhood, 10-year-old Rosemarie Konko "didn't want people to know."

She wanted to be like other little girls, this youngster with the winsome face and appealing smile.

Instead, she said, she had to grow up in a hurry to cover up for a shiftless mother.

Rosemarie told Magistrate Charles F. Murphy:

"When the relief check came in, Mamma got out of bed and went out to turn it into wine and beer. Then she went back to bed again.

"I didn't want people to know.

"I cleaned up and cooked dinner when I got home from school."

Dinners, she added, came from food provided by neighbors—and sometimes from scraps intended for her two cats.

"Mamma always made me beg from the neighbors when she drank up the check," little Rosemarie continued. "If I came back without money, she beat me."

The mother, Mrs. Kathleen Konko—separated from her husband—beat Rosemarie once too often, said neighbors who complained to police. The woman was held in \$1,000 bond for a hearing.

Then, Rosemarie, who said she hadn't tasted meat in months, went hand-in-hand with Murphy to a near-by restaurant.

There, over a steak, the tear vanished and the smile broke through sweetly and shyly.

But inside, a little girl's heart had grown old too soon and might never be young again.

"I was ashamed," Rosemarie said.—Detroit **FREE PRESS**, Jan. 4, 1951, reporting a New York incident.

"I admit that the spirits are raised by drinking, as by the common participation of any pleasure; cock-fighting, or bear-bating will raise the spirits of a company as drinking does, though surely they will not improve conversation. I admit, also, that there are some sluggish men who are improved by drinking; as there are fruits which are not good till they are rotten. There are such men, but they are medlars. I indeed allow that there have been a very few men of talents who were improved by drinking; but I maintain that I am right as to the effects of drinking in general; and let it be considered, that there is no position, however false in its universality, which is not true of some particular man."

—SAMUEL JOHNSON, (1778).

EACH DRINK, like each deep breath of ether, clouds human thinking and temporarily reduces the active intelligence.

Alcohol produces temporary feeble-mindedness, therefore, even in the most brilliant person. It changes college men into short-term idiots.

—GEORGE W. CRANE.

My Experience At Otterbein

By Dave Alkire, Ohio State University

I'M THE TYPE of fellow that likes to have a good time, and I used to get a big kick out of beer parties and things of that nature.

Well, something happened to me last summer that made a big change in my attitude toward my social life. I recently attended the Intercollegiate School of Alcohol Studies which was held at Otterbein College.

At this school I met fellows and girls from all over the United States, and two students from foreign countries. Some of these students were social drinkers like myself, and some were tee-totalers. Since leaving the school I am no longer a social drinker, but don't misunderstand me—this was not a reform school.

It was a school organized for the purpose of putting the effects of alcohol on our society before a group of college students in a scientific way, without trying to impose any particular mental attitude on the students.

Men like Dr. King, who lectured on the "Psychological Effects of Alcohol," Dr. Emerson, who lectured on "The Public Health Aspects of Alcoholism as a Preventable Disease," Dr. Vredevoe, who lectured on "Facing the Alcohol Problem on the College Campus," and many others, made this school one of the outstanding experiences in my life.

I've been working for the Intercollegiate Association since last summer, and we've received inquiries from more than three hundred students in colleges all over the United States. All of these students are interested in the Alcohol Problem, and we plan to have a school for those who are most vitally interested next summer.

This coming school will be held at Cornell College from June 17-22. It will be a better school than the one we had last, because we plan to include not only the highest trained experts in the country, but also some outstanding hard-working student leaders.

EVERYBODY'S RESPONSIBILITY:

Collective and Personal

By George A. Little

From an address to the Intercollegiate School of
Alcohol Studies, Otterbein College, Sept. 1, 1950

THE LIQUOR problem is now every person's problem, the problem of women as well as of men, the problem of minors as well as of adults, the problem of pedestrians as well as of motorists, the problem of abstainers as well as of indulgers. It must be seen as a national and international danger and it must be approached from that total view. We are all citizens together and the welfare of all is bound up with the welfare of each. When annual spending in one country has reached close to ten billion, when highways already dangerous are made more hazardous through drinking driving, when there are perhaps 3 million arrests for drunkenness a year, one arrest about every 6 seconds of the day—we all must pause and say this is our common problem. It has been produced collectively, and can only be solved collectively.

THE 1951 INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

(Continued from page 164)

across Canada, and of greatly increased participation in the Roberts' Editorial Contests of the Association on both sides of the International Line.

"Nothing like it ever," said the students and faculty members alike who attended the School at Otterbein, last August, and then voted unanimously that another should be held in 1951. On that foundation of first experience, stands the Second Intercollegiate School at Cornell, June 17-22, where college students may consider together the questions relating to alcoholic beverages that come to them as students.

And this is to be done with the Resources and Inspirations made available by some of the best modern experts on this problem—in daily lectures, abundant discussion, student-led seminars and opportunity for interviews.

Objectives

To gain a scientific understanding of the problem of alcohol in modern life.

To seek and discover an objective basis from which to make intelligent decisions as to personal and social attitudes.

To develop thinking and education toward constructive service.

To advance the ideal of a Normal, Healthful Life, free from dependence on Alcohol, as a scientific and realistic objective.

To open opportunities for service toward solution.

With the mornings given to basic lectures and discussion; the early afternoons to groups in seminars; the later afternoons to social recreation and games; the evenings to special sessions followed, perhaps, with singing and folk dancing; devotional services at suitable times; fellowship with students from many colleges, staff members and leaders, the week should be both highly joyful and instructive—an event of years.

Approach of the School

A confusing situation and problem of great concern to all younger people who think for themselves, have arisen regarding Alcoholic Drink and the whole Alcohol Problem. Much of it is in new form. What about it? How can intelligent attitudes be formed?

In full harmony with the very recent trend in universities and colleges to take educational leadership on this vital problem, this **new-type** of Intercollegiate School has been organized. It seeks to make possible UNITED THINKING by college students and their immediate leaders and faculty-counselors in a WEEK TOGETHER, working out approaches that may be effective toward constructive action.

The School is sponsored by The Intercollegiate Association for Study of the Alcohol Problem, Stanley F. Knock, Jr., Yale Divinity School, Intercollegiate School Secretary, and Harry S. Warner, General Secretary.

Address for information: Intercollegiate Association, Room 522, 12 North Third St., Columbus 15, Ohio.

The 1951 Intercollegiate School

OF ALCOHOL STUDIES

At Cornell College, Mount Vernon, Iowa, June 17-22

PARALLEL with the up-surge of interest and educational activity related to the problems of alcohol that is appearing in the growing number and quality of University-led Summer Schools, Institutes and organized projects of instruction in recent years—and the new educational dignity thus given the Problem of Alcohol—there are also indications of marked new interest by and among college students.



Stanley F. Knock,
Secretary,
Intercollegiate
School.

Especially may it be noted in the current college year, since the First Intercollegiate School for students and their faculty and other leaders was held at Otterbein College, Westerville, Ohio in August of 1950. The reports that have been coming from students who attended, and deans and professors, reflect keen, new interest, local attention and concern, and increased number of discussion groups, of faculty activities and definite instruction, and student projects of various kinds. And parallel with this new activity among undergraduates is the report of the beginnings of a new movement of educational interest among the universities and colleges

(Continued on page 162)

IN PREPARATION FOR CORNELL

Send for wire recordings of the lectures as given at the Otterbein School of 1950—use as a basis for discussion in your student groups. Rental, \$1.25; approximately 45 minutes; make check to Intercollegiate Association. Address: Stanley F. Knock, Jr., Box 174, 409 Prospect St., New Haven, Conn.

MAY,
1951

THE
INTERNATIONAL

STUDENT

In This Number - -

ALCOHOL PROBLEM EDUCATION
in Colleges Today:

Three Years of Study at Millsaps

Beginning a Cross-Continent Program
in the Colleges of Canada

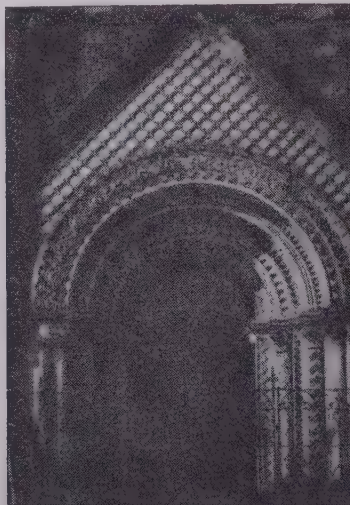
Colleges Lead in a Coordinated
State Plan

"Otterbein"—1950: How It Impressed Me

"Cornell"—1951: A Project in
Understanding

Democracy
is something
deeper than
Liberty; it is
Responsibility"

Doorway
University
College
Toronto, Ont.,
Canada



THE INTERNATIONAL STUDENT

May, 1951

Vol. 48, No. 6

HARRY S. WARNER, *Editor*

Council and Representatives: Stanley F. Knock, Jr., Yale Divinity School, New Haven, Conn.; Samuel Campbell (Univ. of Toronto), Toronto, Can.; Roger S. Haddon (Bucknell), Phila., Pa.; Adolfs Silde (Univ. of Riga), Marburg, Germany; Bo Nilsson, Karolinski Institute, Stockholm, Sweden; Henry C. Jacobs (Hope College), Grand Rapids, Mich. *Contest Secretary*, Edwin H. Maynard, Chicago, Ill.

IT IS no exaggeration to say that at no previous period, has there been so much high-grade leadership in educational service relating to Alcoholism and the Cult of Alcohol in human living, as that which has been coming to the front in the past two to six years. The part now beginning to be taken by college and university educators, has added new dignity to all constructive efforts toward improvement.

During 1950-51 *The International Student* has noted this development in:

1. A number, April, that was devoted to University Sponsored educational projects, Summer Schools of Alcohol Studies, Institutes, conferences, for experienced leaders, on the graduate level.

2. A number, this May issue, giving attention to the rapidly growing work being done in and by colleges.

3. Two special numbers relating the program of the Intercollegiate Association: In October, the Intercollegiate School of Alcohol Studies of August 1950, the first of the kind ever undertaken: In November, the winning editorials in the Roberts Editorial Contests of the Association.

Surely it may be said, from early indications, that a new force of great significance is coming into educational action on the alcohol problem in North America.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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Three Years Of Alcohol Study

At Millsaps College, Miss.

FOR FIVE SUCCESSIVE semesters, a course of instruction on the Alcohol Problem that combines study and class lectures with extensive field activity in public education, has been in progress at Millsaps College, Jackson, Mississippi. It is proving in practice to be exceedingly popular among the 800 students of this Southern college.

Offered first in the winter-spring of 1949, with much concern as to whether students would be interested, it brought a surprise to the initiating instructor and faculty—78 students, one-tenth of the student body, applied for enrollment in answer to the first bulletin board announcement. Of these, 73 completed the course, took the examination and received the credit offered. Thereafter, the college, seeking to keep classes under half that number, offered the course each semester—the present 1951 enrollment being 40.

Organized by Dr. Joseph B. Price, Professor of Chemistry, who had received inspiration to extend scientific knowledge of the problem as a result of attending the Yale School of Alcohol Studies in 1948, the course, Alcohol Education, has been completed by 175 students to date. Several graduates of the first year now teach in the public schools and are correlating the facts about alcohol with the subject matter of their classes. One, inspired by his college course to attend the Yale School of Alcohol Studies for advanced work, is now applying his knowledge in his position as a specialized member of the Jackson City Police Department. Another is planning graduate study this year with a view of becoming a social worker in this field.

The course, carrying a credit of 3 semester hours, is conducted by three professors—Dr. Price, Chemistry, who initiated it, and the professors of sociology and economics, all having received the Yale training. Specialists

on many phases of the problem—in the city and visiting from a distance—are frequently brought to the class. All possible aspects of the total alcohol problem are examined in the light of the best knowledge available on each, including, in large measure, the ethical and religious, with speakers from the churches and the A.A. The book, **Alcohol, Science, and Society**, is used as the text, supplemented with material from other sources, including publications of the temperance agencies, the churches, and **The International Student**. Two written tests, one examination and a term paper on a theme calling for independent research are expected of the students completing the course.

The wide and scientific coverage of the subject given is suggested by the following summary of one semester: Three lectures on the magnitude and meaning of the problem; a discussion of the physiological aspects of alcohol; three sessions devoted to the psychological factors of drinking and alcoholism; two to social problems related to the custom; one on the history of the temperance movement; an address on the work of Alcoholics Anonymous; one on the economic factors; lectures by two psychiatrists; treatment of the alcoholic; the moral aspects; social responsibility; and "The Church and Alcohol."

One feature of special practical value, was the service and lectures of Miss Vashti Ishee, Mississippi State Board of Education, who directed the attention of the class to the widespread and growing program of education on this problem in the schools, high schools, and colleges of Mississippi in recent years. "Although the class periods lasted an hour and fifteen minutes," wrote Prof. Price regarding the lectures, "the students seemed never to get bored. The visiting speakers were always besieged with questions, and at times there were lively arguments. The lectures for the most part were objective in nature."

In addition, this new educational leadership on the alcohol problem at Millsaps College was given expres-

(Continued on Page 176)

A Modern Program Of Education

On the Alcohol Problem

By VASHTI ISHEE

A DISTINGUISHING characteristic of society in the United States is our unique system of free and universal elementary and secondary education. This system of education is considered as the nation's strongest bulwark for safe-guarding freedom. Upon the shoulders of those engaged in the educational profession, therefore, rests a grave responsibility. The fundamentals of a democracy require that the public schools be adapted to meet the needs of youth by **guiding** the development of **each** individual in such a manner as will enable him to participate successfully, intelligently, and happily in a free democratic society.

It is the consensus of leading educators that the curriculum of the public school should be essentially the same as the areas of human living and the problems of life. The content of what should be taught can be found, in part at least, by ascertaining the problems and conditions of adult society.

With one-half of the present adult population of the United States using alcoholic beverages, in widely varying degrees, and a conservatively estimated 3 or 4 million problem drinkers, it is evident that this is **one** of the areas of human living. Therefore, instruction regarding beverage alcohol is justified as part of the curriculum of public schools in the States. Where does youth fit into the picture? A number of studies have been made regarding the prevalence of drinking among youth.

According to Ley¹ approximately 25% of youth between the age of 15-19 are users of alcoholic beverages. From a more recent study made in one high school by

1. Haggard and Jellinek, *Alcohol Explored*.

Miss Vashti Ishee of the State Department of Education, Jackson, Miss., will be a lecturer and seminar leader at the Intercollegiate School of Alcohol Studies, June 17-22. Miss Ishee is a Fellow of the Yale School of Alcohol Studies and has several times been a member of the Summer School Faculty.

McCarthy and Douglass they found that one out of three secondary students used alcoholic beverages.

A survey conducted by the **Grapevine**, official publication of Alcoholics Anonymous, showed that 65% of alcoholics become intoxicated for the first time between the ages of 14-19 and 71% become intoxicated for the first time between the ages of 10-19.

Even though these studies are not sufficiently inclusive to draw definite conclusions, they are a challenge to investigate the situation as it exists in one's own community.

Why do youth resort to the use of alcoholic beverages? There must be reasons. Manson's² recent study on "Educational Characteristics of Alcoholics" reveals some valuable findings for educators. He found that many alcoholics left school at an early age—(1) some because of the need to work but (2) the majority because of complex situations related to

(a) maladjusted personality

(b) inadequate family life

(c) frustrations in school

and (d) unrealistic school programs.

Is it possible that environment of homes and schools has been breeding grounds for alcoholics?

From the 150 alcoholics in Dr. Manson's study, he found that they tended to reveal strong feelings of frustration, were shy, felt isolated and worried a great deal over failures. Furthermore, they tended to dislike school and had difficulty in adjusting to teachers and other students; showed high percentage of truancy, expulsion and commitments to reform schools.

Many felt that they were pushed too hard and too fast in school, too much was expected of them all of which resulted in frustrating experiences and aggressive behavior.

Such conditions contributed to these youth adapting motility and escape from painful situations as adjustment techniques. When human beings find relief—even though

2. *Quarterly Journal*, March, 1950.

(Continued on Page 181)

A Cross-Continent Tour

Of the Universities of Canada

"SINCE THE BEGINNING of 1951, I have had a trip to the West Coast, touching all the Universities on the trip," writes Rev. John Linton, Toronto, who is giving particular attention to education on the Alcohol Problem, in a new approach, among the universities and colleges of Canada. "In most cases there was a great deal of spade work to be done, because no approach had been made on the college level in years. It was a grand experience; in all cases doors were open and great interest shown in the work of The Intercollegiate Association. In no case was it turned down. I spoke to the students on seven campuses and had conferences with presidents and professors at all the colleges. Plans were laid for a return visit next year."

After returning from the far-west in his specialized program in the college field, Mr. Linton has visited also the universities and colleges of Ontario and Quebec and begun in May a tour among the eastern and maritime colleges. At Queen's University, Kingston, he found a program of research on the alcohol problem being developed by several departments, with funds available for this project. At McMaster University, Hamilton, he had a day of speaking, conferences, and discussion for the third consecutive year.

With two degrees from Acadia University, Nova Scotia, special work at Union Theological Seminary, New York, a certificate of graduation from Yale School of alcohol Studies, 1945, and from the Institute for the Prevention of Alcoholism in California, 1950, Mr. Linton is leading in the new objective and scientific approach to education on the Alcohol Problem among the colleges and universities of Canada. In this new undertaking, he has found keen interest as the following contacts made

Rev. John Linton is a speaker and discussion leader at the Intercollegiate School in June. His work among the universities and colleges across Canada, gives him an intimate understanding of the problem as it relates itself to the college.

since January indicate:

British Columbia. Conferred with the President of the University of British Columbia, Vancouver, and arranged a return visit and program for the fall of 1951; spoke to the students of United College, explaining the approach and program of the Intercollegiate Association.

Alberta. Contacted the officials of Mount Royal College, Calgary, laying plans for a return program in the fall. Contacted the President of the University of Alberta, Edmonton, arranging for a return visit and program early in 1951; spoke to the theological students at St. Stephens College, and lectured in four classes at the Normal School.

Saskatchewan. Addressed the student body at Regina College, Regina; conferred with the President of the University of Saskatchewan, Saskatoon, and organized plans for autumn return appointments; at the Normal School, Saskatoon, addressed 300 students.

Manitoba. In Winnipeg, he addressed a Sunday morning chapel service at the University of Manitoba; had lunch with the student leaders, and explained the Intercollegiate approach and literature. At St. John's Anglican College, he spoke at chapel and arranged for a return lecture. He addressed the Student Christian Movement at United College, met the college officials and scheduled an autumn appointment. In Brandon, Manitoba, he spoke at chapel in Brandon College and conferred with



Rev. John Linton, M.A.

the president, regarding plans for the autumn.

Ontario. At the University of Toronto, contacts were made and programs arranged for later addresses and discussion groups at four colleges—Victoria, Trinity, Wycliffe, and Knox. At Queen's University, Kingston, an autumn program was arranged, as also, at Carlton College, Ottawa. McMaster University, Hamilton, gave Mr. Linton a full day—including a class in social psychology, the Student Christian movement, and personal interviews.

Quebec. As a guest of Dean J. S. Thomas at McGill University, Montreal, plans were laid for an early 1951 campus program, and contacts, made with a local committee that has been promoting the Intercollegiate work.

Maritime Provinces. In May Mr. Linton is making an extended tour among the colleges and universities of Nova Scotia, New Brunswick, Prince Edward Island, and Newfoundland.

Thus a new program of high educational advance on the problems of alcohol in human society has been begun, among Canadian colleges, with careful plans for follow-up and steady growth.

King Visits Central Colleges

USING HIS SPRING vacation week in a speaking tour among colleges in Ohio and Indiana, instead of fishing in the Cedar River near Cornell College, Iowa, where he is head of the Department of Philosophy, Dr. Albion Roy King brought a modern message on the alcohol problem to students and faculty members of five universities and colleges in these states.

On Sunday afternoon the 8th at Ohio State University, Columbus, he led a discussion group at a fraternity; that evening, he was speaker at two different groups at the Wesley Foundation, bringing out for discussion much of

Dr. Albion Roy King is head of the Department of Philosophy at Cornell; he will be a daily lecturer, group leader and counselor at the Intercollegiate School, June 17-22.

the psychological background and the motivations that relate to the drinking custom.

On Monday the 9th, he addressed the student body at Otterbein College, Westerville, discussing moderation as an ethical principle, and followed this in two class sessions with an analysis of the psychological effects and motivations in the use of alcohol. President J. Gordon Howard reports that "he rendered wonderful service." At the College of Wooster, a chapel address was followed by a conference with the members of the student council relating largely to problems of discipline.

At Bowling Green State University, he lectured and answered questions in four classes in the Department of Health and Physical Education, dealing with the basic factual information needed in an educational program; most of the students in these classes were preparing for teaching, and wanted especially such scientific information as they could use later in their schools. He also conferred with leaders of Christian student groups regarding attendance at the Intercollegiate School of Alcohol Studies in June.

At Goshen College, Goshen, Ind., he found a program of Alcohol Education under way for the week in which he served as special speaker. In his chapel lecture on the basic information relating to the problem, he used his noted blackboard outline of the stages of drunkenness. This beginning opened the way to an extensive series of class sessions, informal group talks, and an afternoon tea session with the faculty on problems of college discipline. A public meeting at night for the college community was attended by 600 people, including a surprising number of students.

At all of the colleges, Ohio State, Otterbein, Wooster, Bowling Green, and Goshen, faculty members and students were found who are interested in the coming Intercollegiate School of Alcohol Studies at Cornell College, June 17 - 22. At this second session, as at Otterbein last year, Dr. King will be a daily speaker.

Colleges Lead In Coordinated Plan

Of Education on Alcohol

DURING THE PAST six years, under the leadership of Miss Vashti Ishee, of the State Department of Education, and a half-dozen professors in the colleges who have attended the Yale School of Alcohol Studies, a coordinated plan of equipping college students for service as teachers and in civic life, has been growing steadily in the State of Mississippi. The plan is comprehensive, relating to education at all levels of school and college life; it seeks to interest and to equip, with substantial scientific knowledge and a desire for service, young men and women in large numbers, who may become effective teachers and educational leaders, in the grade schools of the state, especially in the high schools, the colleges and as speakers and organizers of public attitudes and opinions throughout the civic life of the state.

In the higher section of this state-wide program, six colleges have been offering systematic courses of study, and others are being added this year. These courses of instruction are given in the department of health, four colleges; of science, two colleges; and education, one college. In addition to the work offered by the instructor in his own field, he invites faculty members from other departments—sociology, economics, etc., and others outside the faculty—a minister, a lawyer, a psychiatrist, the State Supervisor of Alcohol Education, an A.A., for lecture and discussion periods. This plan gives the student an all-over picture of the numerous ramifications of the alcohol cult and resulting problems in human life. The plan is being carefully tested to determine, over a period of time, whether or not it is the best procedure to be followed.

Already 664 students have enrolled in these college courses and received credits for the work completed. Since only a small percentage of graduates enter the teaching profession, only 114 of the 664 are now classroom teachers. The other 550 have entered various vocations throughout the state or elsewhere and are in

positions of inestimable value in the interpretation of the basic information on the alcohol problem to the citizen public.

The colleges of Mississippi that for one to six years have been giving systematic class instruction on the problem, are the following:

Mississippi Southern College, Hattiesburg; Dr. J. F. Walker, Supervising Instructor; 2 quarter hours in Biology; associates, Profs. Ernest Campbell, Sociology; Virginia Felder, Education; Mrs. Sallie McLemore, Education.

Millsaps College, Jackson; Drs. J. B. Price and E. S. Wallace, coordinators; 3 semester hours in Religious Education; Dr. V. L. Wharton, Sociology.

Delta State Teachers College, Cleveland; Prof. Ethel Cain, Instructor; Health Education, 3 quarter hours.

Mississippi State College for Women, Columbus; Prof. Mildred Spahr, Instructor; Health Education, 3 semester hours.

Jackson College, Jackson; Mrs. Isabel Lee, Instructor; Health Education, 3 quarter hours.

Rust College, Holly Springs; Prof. D. W. Wilburn, Instructor; Psychology, 3 quarter hours.

THREE YEARS OF ALCOHOL STUDY

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sion in the civic life of the community as the result of a survey of the incidence and cost of alcoholism to the city of Jackson. In this undertaking the college cooperated with a citizens' committee of Jackson, the State Supervisor of Narcotics Education, Miss Vashti Ishee, and Dr. Robert Straus, survey specialist of Yale University, who helped outline the procedure.

Yet another development that may be possible in the near future, is the tentative plan for a graduate course of Alcohol Education that will be attractive to ministers, teachers, and social workers of the state. This course, it is hoped, may be given at the recently established center for graduate study in Jackson, that is conducted jointly by the University of Mississippi and Millsaps College.

The plan includes the use of nationally-known authorities and the awarding of a graduate degree by the University.

Altogether this three year old course of instruction on the Alcohol Problem as a regular part of the work of Millsaps College, is having far-reaching influence in the civic, religious, and welfare life of the city and state.

STUDENTS AND INSTRUCTORS

In Field Activities

FOLLOWING THEIR class study, research and discussion of the Alcohol Problem in the newly-established course at Millsaps College, the successive classes have been going out into the city of Jackson and the state of Mississippi, in the past two years, and engaging in panel group discussion, providing programs for meetings in churches and educational groups, and otherwise passing on the scientific knowledge they gained in the college, to other young people—and older, as well.

Their plan is to promote a program of panel discussion of the psychological, physiological and social aspects of drink culture and alcoholism as it is today. Notwithstanding the controversial nature of some of these aspects, and current differences of opinion, these public programs by college students who have recently studied the problem—and have new facts to present—are reported to have been well received as something vital in "Alcohol Education."

The list of engagements filled in two years, from the class and by the professor in charge, is impressive—in service to the community, experience to the students participating, and in details as suggestion of what can be done. It includes:

1949—

Oct. 10. A sub-district meeting of MYF, Methodist Church, Jackson; by the class.

Oct. 24. Sub-district meeting, MYF, Meridian; the class.

- Oct. 30. Youth group and a woman's church group, two meetings; the instructor.
- Nov. 13. First Baptist Church, Jackson; the class.
- Nov. 30. Kosciusko Methodist Church, MYF; the class.
- Dec. 4. A Sunday night church service; the class.
- Dec. 5. Millsaps Wesleyan Group; the class.

1950—

- Jan. 8. St. Luke's Methodist Church, night service; the class.
- Jan. 16-18. A course of three lectures; "Facing the Alcohol Problem," Prof. J. B. Price, in a training school at Millsaps College.
- Jan. 19. Parent-Teacher meeting; the professor.
- Jan. 25. Civitan Club, at Farmers' Market, Jackson; Prof. Price.
- Feb. 3. A Church Sunday night service; the class.
- Feb. 16. Layman's Day address, Barlow church; the professor.
- Feb. 25. Layman's Day address, Sallis church; the professor.
- Feb. 27. Adam church, near Summit, MYF sub-district; the class.
- Mch. 2. Pearl School, Parent-Teacher Association; the instructor.
- Mch. 7. A secretaries' organization, Municipal Art Bldg.; Prof. Price.
- Apr. 11. Church, Vicksburg, MYF, sub-district; the class.
- Apr. 16. Tougaloo College, vesper service; Prof. Price.
- Apr. 18. Hazelhurst, MYF sub-district; the class.
- Apr. 20. Alcohol Seminar at Natchez, Miss.; Professors Price, Cameron and Walker.
- Apr. 23. Starkville Methodist Church, morning service.
- Apr. 30. Oxford University Church, night service; the class.
- May 2. Millsaps Ministerial Association; Dr. Price.
- May 3. New church in Vicksburg; students and Miss Ishee.
- May 14. Methodist church, night service; the class.
- May 21. Woman's Bible Class, St. Luke's church; Dr. Price.
- June 24. Mt. Olivet Church; Dr. Price and students.

1951—

- Mch. 4. Crystal Springs Methodist Church; the class.
- Apr. 1. Camden, Methodist Church; the class.
- Apr. 8. Monticello, Methodist Church; the class.
- Apr. 22. Forest Methodist Church; the class.
- Apr. 29. Columbia, church night service.
- May 1 (pending). A group at Capital St. Methodist Church; Prof. Price.

At two different dates the students in the class took over the chapel sessions at the college. Throughout the series as a whole the film, "Alcohol and the Human Body," was shown in all but five instances.

A letter from Millsaps, as recent as April 18th, says: "We are still receiving invitations to give these student programs in churches and before young people's groups."

Collegiate Seminar On Alcohol Studies

At the University of South Carolina

WHAT IS believed to be the first Collegiate Seminar on Alcohol Studies for college students as a state unit, was held at the University of South Carolina, Columbia, May 5-6. It was attended by student leaders representing various groups on the campuses of the state, including the Canterbury Club, Westminster Fellowship, Wesley Foundation, Baptist Student Union, Lutheran Student Action, and the Social Service Federation of College Students.

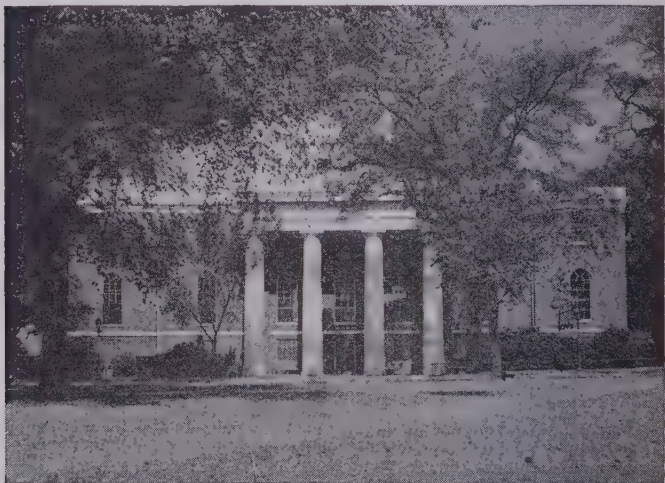
The session began with an address on "The New Approach to Alcohol Problems," by Rev. Warren Carr of Durham, who said that the older approach should be replaced by action based on "understanding the many elements of the problem." He said, also, that the "moral problem of alcoholism" arises with the beginning of social drinking.

In the second session the Sociological factors were discussed by Dr. James H. Williams, of U.S.C., and Judge John Sloan of Columbia; the latter gave basic information relating to "Alcohol and the Courts" and the state beverage control law. The various methods of control throughout the United States were discussed by Howard G. McClain, executive director of the Cristian Action Council. "Alcohol and Accidents" was discussed by William Fallew of the Highway Department and Lt. Cal T. Hambree of the Columbia Police. Both emphasized that an increase in "driving under the influence" has been occurring in the state. The greatest weakness in combating this situation, they indicated, is that people "fail to recognize the seriousness of the problem." A demonstration of the Drunkometer, used to determine the extent of alcohol in the blood-stream, was made by Lt. Hambree.

"Motives of Drinking" was given attention in the address by Dr. E. N. Nelson, Psychologist of the University, the treatment of alcoholism by Dr. E. W. Masters, Columbia physician, and the "twelve steps" of A.A. by a member of Alcoholics Anonymous.

The findings of the seminar made clear the need for public information, recognition of the personal problems of the drinker, new ways for political and social control, and the wide development of a creative and religious outlook on life as "real prevention" in seeking solution of the problem. A student from The Citadel, Charleston, expressed the attitude of the group when he said: "There's more to this problem than I thought; this has meant a lot to me."

It was the unanimous decision of executives and students that a similar seminar be held next year.



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A MODERN PROGRAM OF EDUCATION

On the Alcohol Problem

(Continued from Page 170)

it be temporary—a habit is established which continues into adulthood. These individuals used alcoholic beverages as a means of relief which they carried into adulthood.

These findings suggest to the modern educators the importance of assisting children with problems toward making constructive adjustments—or in other words assisting them in finding wholesome relief from the discomforts of life.

It seems obvious that this is one avenue down which the “lamp of learning” must send **rays of light**.

Developing and promoting a program of alcohol education involves numerous and varied problems. In attempting to formulate successfully a program of education regarding beverage alcohol, five basic principles appear essential:

First. The program must be launched on an **intelligent** and **dignified** basis. Moralistic preachment, stereotyped approach, distorted and exaggerated statements will not suffice. Understanding, interest and success can be obtained only when alcohol education is presented on its own merits from the latest available scientific information including all aspects of the total problem.

Second. The program must be designed on a long-range basis. Education is a slow, non-spectacular process and patience is essential. The task cannot be accomplished in a year, not even a lifetime, but a beginning can be made.

Tolerance is the **third** factor worthy of consideration. Perhaps in few educational areas does one find such a host of radical and antagonistic individuals and agencies as in the field of alcohol education. As educators, it is imperative that an understanding attitude be taken toward those who see the problem from a different point of view, remembering always that education alone cannot solve the problems of alcohol. It is wise to keep in mind that human convictions and attitudes are determined by past experiences and a careful analysis is advisable in

order to understand the position taken by fellow citizens. Understanding, or tolerance, of others does not mean losing one atom of zeal or enthusiasm for the educational program; quite to the contrary, it adds strength and effectiveness to the efforts being made from an educational approach. Extreme care must be taken in formulating a program of alcohol education if it is to be generally acceptable to the majority of the citizens. Participants in the program must rise above petty grievances and vested interest; they must be tolerant toward the intolerant.

Fourth. Cooperation is essential with all agencies that have a common interest in alcohol education. Due to the unique nature of the program it cannot be confined to classroom instruction alone, but must reach representative groups in the state. Cooperation must begin in the State Department of Education. The Supervisor of Alcohol Education must cooperate with other supervisors, particularly those in the field of elementary and high school education, junior colleges, library, certification, teacher education, school health service, vocational rehabilitation, guidance and counselling. Cooperating agencies outside the department of education proper include Congress of Parents and Teachers (Home and School Service), Church Council for Alcohol Education, State Board of Health, (Medical Librarian, health education, mental hygiene, chronic disease) State Conference of Social Workers, State Department of Welfare, Y.M.C.A., Y.W.C.A., State Commission on Alcoholism, Alcoholics Anonymous, Non-Alcoholics Anonymous, civic clubs and any other organization that comes into contact with the alcohol problem.

A **fifth** factor is that of constant evaluation. Since alcohol education is a pioneering field and there are no model programs, it is necessary to evaluate carefully every undertaking—discarding efforts that prove worthless and improving those that appear helpful.

The five factors mentioned, namely: 1) intellect and dignity, 2) patience, 3) tolerance, 4) cooperation, and 5) evaluation, are by no means exhaustive, but if given careful consideration will be of inestimable value in or-

ganizing a program of alcohol education.

One of the first concrete steps to be taken is to formulate aims and objectives. In Mississippi we have adopted the following aims and objectives, with slight modification, as stated by the Education Seminar, School of Alcohol Studies, Yale University:

1. To dispel prejudice, misunderstanding, and superstition which obscure the facts.
2. To secure public recognition of the need for alcohol education.
3. To integrate objective scientific facts concerning alcoholic beverages into the curriculum of educational agencies.
4. To present on the students' level the latest available scientific findings in a positive and impersonal manner so that the student will visualize the relation of alcohol to everyday life.
5. To stimulate individual research and study that will enable the student to form worthwhile patterns of life.
6. To guide effectively the student to the most profitable use of his assets so he will be able to make necessary adjustments in life with a feeling of adequacy and security.

In order to obtain the above goals, three major programs have been activated:

1. Adult education
2. Teacher-training
3. Child guidance (Classroom instruction)

The program of adult education is designed principally for the purpose of interpreting and popularizing alcohol education. Perhaps there is no phase of the entire educational field that is so steeped in misconception, prejudice, superstition and misunderstanding.

Within the last quarter of a century medical, scientific and lay groups have made available vast stores of objective information and the responsibility of conveying this knowledge to the citizens of the state rests on the supervisor of alcohol education. Since formal education is the major duty of the supervisor, she must serve primarily in the capacity of a consultant for adult

alcohol education. Through the cooperation of the numerous state agencies previously mentioned, the adult population can be familiarized with the program and solicited to give it whole-hearted support and stability.

Simultaneous with the development of the informal program of adult alcohol education is the teacher-training program. It is an established fact that the **key** to effective instruction is the **classroom teacher**. Professional training, personality and genuine love for youth are qualifications for successful leaders of youth.

In bygone days the paramount qualifications of a teacher were the mastery of subject matter and the ability to enforce strict discipline. In the light of modern education desirable qualities for teachers are found in their ability:

- (1) to enjoy going places and doing things with youth
- (2) to understand and share the problems of youth
- (3) to know that "growing up" means bumps, bruises, aches and pains, emotionally and socially as well as physically
- (4) to accept youth's limitations and not force them into things they cannot do
- (5) to recognize the value and dignity of individual differences
- (6) to admit and confess mistakes to youth
- (7) to abide by a philosophy of daily living
- (8) to guide each child in finding his life's work and accepting happily his decision
- (9) to give each child abundant love and affection so he will be assured of his acceptance by the most important people in his life.

In addition to the requirements for teachers of other subjects, a teacher of alcohol education must be tolerant and tactful, must avoid imposing her personal opinions, but should guide the child toward forming desirable opinions of his own after considering all the facts involved. At all times the integrity of the home must be protected. There should be no suggestion of criticism toward the users of alcoholic beverages since the parents, friends, or relatives of many children would be involved and criticism would serve only to close the minds of

those children to the total program of alcohol education. The skilled, well-informed teacher will avoid antagonism by unobtrusive inclusion of facts presented as the need naturally arises in the discussion. The classroom teacher must also be aware of the complex social attitudes and beliefs prevailing among different groups within the community and formulate her program to meet the needs of the community.

Teachers of chemistry, homemaking, mathematics, and commerce must be well informed regarding their subject matter. The same is true of an instructor of alcohol education. In 1945, Mississippi teachers did not have this information because such courses had not been a part of the core curriculum of teacher-training institutions. How then was the classroom teacher to be expected to have a knowledge of the ramifications involved in the use of alcoholic beverages?

Faced with this realization in October, 1945, the Mississippi Supervisor of Alcohol Education discussed with the president of one of the teacher-training institutions the possibility of including a course in alcohol studies in the regular curriculum of the college. He expressed his interest and cooperation but asked two pertinent questions. One, "Who would teach this course?" Two, "Would college boys and girls register for a course in alcohol studies if it were only an elective subject?"

The answer to the first question was easy; provisions had previously been made for an instructor to be trained through the School of Alcohol Studies, Yale University. To the second question the answer was, "I don't know. This is an experiment. Let's try and see."

A competent professor of biology was chosen to be instructor provided he attend the 1946 session of the Yale School. After the study and a thorough program of promotion on the Mississippi Southern College campus throughout the year, a six weeks' course was offered in the summer quarter of 1947, which granted two quarter hour credits in the field of science, sociology, or health. **Alcohol, Science and Society** was used as a textbook. Twenty-one students enrolled for this course, in spite of the fact that it was offered as an evening class

during the sweltering heat of a July evening from 7:30 to 9 p.m. Much to the amazement of the instructor the students invariably lingered for 30 or 45 minutes after the class was dismissed. Their keen interest and enthusiasm gave an answer to the president's question—college students **will** enroll in an elective course in alcohol studies and furthermore thoroughly enjoy it.

The success of the original course was encouragement to organize similar courses in other teacher-training institutions. During the current session, six Mississippi colleges are offering credit courses in alcohol education. (Mississippi Southern College, Delta State Teachers College, Mississippi State College for Women, Millsaps College, Rust College, Jackson College—Tougaloo?) The instructor for each course has attended the School of Alcohol Studies, Yale University.

During the period 1947-1950, 664 college students have completed these courses and there will be perhaps 150 additional ones by the close of the present session. Due to the fact that a small percentage of college graduates enter the teaching profession, only 114 of the 664 were trained as classroom teachers. It seems regrettable that the remaining 500— are not in the public schools, but their influence in other vocations throughout the state will grant support to the total alcohol educational program, therefore, their training was not in vain. In fact, it might have been disastrous to have ushered into our classrooms over a period of five years some 600—teachers in a new phase of education.

There are numerous unanswered questions in the area of teacher-training, for example:

- (a) Should the course in alcohol studies be in the field of science, education, social studies, or health?
- (b) Should the course be attached to only one department, or to a number of related departments?
- (c) Should the course grant two or three quarter hours or three semester hours credit?
- (d) Should there be two separate courses; one in content, another in methods?

As the trained classroom teacher goes into the field she is likewise faced with numerous problems, such as:

- (a) Do administrators feel need for instruction in alcohol education?
- (b) Are sufficient teaching aids available?
- (c) Since one-half of the adult population are users of alcoholic beverages, what method of approach will bring the desired results?
- (d) Are adequate textbooks available?

Within the past five years several states have attempted to prepare helps for teachers. The State of Mississippi in 1947 published Health Bulletin 118 which included a unit "Alcoholism, An Unsolved Health Problem" designed for twelfth grade. This unit is now in the process of being revised.

In 1949, four publications were released:

- (a) "Suggested Approach to Alcohol Education"—State Department of Education of Connecticut
- (b) "Manual of Reference for Alcohol Education" and Subject Integration—Grades 7-12—Department of Education, British, Columbia
- (c) "The Relation of Alcoholic Beverages to the Development of Healthy Individuals"—State Department of Education of Mississippi
- (d) **Alcohol and Social Responsibility**, McCarthy and Douglass

During this same year, Encyclopaedia Britannica Films produced the film "Alcohol and the Human Body" which is an excellent teaching aid. ("Where Does It Get You" and "Problem Drinkers" are also useful.)

In 1950, the State of Florida published Bulletin 4-B, "Effective Living" (McCarthy's Manual) which included a unit on "Understanding Habit Forming Drugs."

The most recent publication is "Of Cats and People," a graphically illustrated bulletin for high school.

Other materials have been published but the above mentioned seemed to be the most helpful ones that have come to the attention of the speaker.

The ultimate goal is to train every classroom teacher in the State of Mississippi so that she may be prepared to present instruction as the need arises. While pursuing this goal, more and better teaching aids will be prepared. Even though professional training and adequate teaching

aids do not guarantee effective education, the possibilities will be greatly enhanced.

The third phase of the program of alcohol education centers around class-room instruction or child guidance. A modern philosopher has said, "Education is an enterprise of guided learning. To educate means to guide the growth of the child."³

In days of yore education consisted principally of learning facts. But in the modern world the goal for education must include **far more**. The mastery of architecture, machinery and art alone will not suffice. The goal of education must be the mastery of those fundamentals of human associations and respect for others, fair dealing with fellow man, recognition of dignity of labor, creation of a society that will provide a feeling of belonging and security for every human being on the face of the globe.

If that be the philosophy of education in today's world then alcohol education must fit into the total program. What do we mean by alcohol education? The curriculum should consist of at least **five** major areas; the **first** being **scientific facts** regarding alcoholic beverages. Included in this area should be:

- (1) Historical facts
- (2) Physiological facts
- (3) Psychological facts
- (4) Sociological facts
- (5) Theological facts
- (6) Medical facts
 - (a) Alcoholism as an illness
 - (b) Methods of rehabilitation and prevention

The importance of a mastery of the scientific facts cannot be minimized, yet it is obvious that this knowledge alone is inadequate. Who is more familiar with what alcohol is and what it does than physicians, college professors and nurses? Yet they become victims of alcoholism. Classroom instruction must be more inclusive.

The **second** area of the curriculum of alcohol education

3. Rugg, Harold, *Foundation for American Education*. Page 650. Yonkers, New York, World Book Company, 313 Parkhill Avenue, 1947.

involves the emotional and social growth of the child. As previously mentioned, recent studies indicate a close relationship between the use of alcoholic beverages and emotionally immature and socially maladjusted individuals. Therefore, the program of alcohol education must include guidance that will enable the child to:

- (1) develop a feeling of belongingness
 - (a) becomes a part of the group
 - (b) succeed in the chosen group
- (2) make satisfactory compensations when he finds himself different from others
- (3) develop a feeling of adequacy
- (4) express his inner feelings—resources
- (5) accept failures and successes
- (6) overcome fears
- (7) possess poise
- (8) express in wholesome manner legitimate love drives
- (9) dispel guilt complexes
- (10) work and play with others
- (11) live in the world in which he finds himself
- (12) accept responsibility
- (13) make decisions(evaluate advertising)
- (14) rely on own resources

The emotional and social growth of a child results in one of the three following attitudes toward life; he will either:

- (a) shrink from life
- (b) fight life
- or (c) cooperate with life

Individuals who shrink from life or fight it are those with problems. Many resort to the use of alcoholic beverages. One preventive measure is the development of socially and emotionally mature individuals.

The third area of the alcohol education program is that of aiding the child in discovering and developing his talents. Many users of alcoholic beverages today seem never to have discovered or developed their possibilities. Every normal individual is capable of making a contribution to society and it becomes the duty of the classroom teacher to assist the child in recognizing the

value of individual differences and the dignity of each and every vocation. Aren't youth often frustrated because they are urged and coaxed to enter vocations in which they cannot succeed? The public school has a grave responsibility in the vocational guidance of youth.

Wholesome recreation is a **fourth** area in alcohol education. Wholesome recreation means far more than places of amusement; it means opportunities for creative activities which develop character and personality, which provide constructive means of release from tension which offer healthful relaxation and moments for meditation.

Since the use of alcoholic beverages is a socially accepted custom of modern society, it becomes the duty of the public school to provide and introduce to the future generation, as well as the present one, ways and means of wholesome recreation. It is true that the negative procedure of offering disapproval for the social activities of youth and adults requires less intellect and physical energy than organizing attractive recreational programs, yet if faced realistically changing habits, attitudes and mores of a nation can be successfully attained only on voluntary basis. The frustration, anxiety and responsibilities of the modern complex world create severe need for relaxation. Undesirable types will be sought unless provisions are made for worth-while ones.

A **fifth** area is in reality a summary of the four previously mentioned. The fifth area is labeled as **security** or **peace of mind**. The culmination of all instruction must result in human beings who possess economic, social, emotional, physical, intellectual, and spiritual security.

O. Spurgeon English says, "If there is **one** key that will unlock the door to happy, effective living, it is our new understanding in the role of the individual's everlasting search for security."⁴ Is our program of alcohol education striving toward producing a nation of individuals who are living happily and effectively? Then we must in some way assist them in the **everlasting** search for security. This fifth and final area of the program of

4. O. Spurgeon English, "The Biggest Job," *Parents Magazine*, April, 1948, p. 176.

alcohol education is pointed up in the aims and objectives stated, to guide effectively the student to the most profitable use of his assets so he can make necessary adjustments in life with a feeling of adequacy and security so there will be no need in his life for an escape mechanism.

The crux of the alcohol education program lies beyond the training of the teacher and her conception of the subject matter. The final test is the effectiveness of her presentation to the students. According to present-day knowledge alcohol education can be successfully integrated into such subjects as health, safety, driver education, science, social studies, homemaking and guidance. The methods and procedures used must be adapted to the needs of the local community.

By way of summary, permit me to recommend from past experience that a program of alcohol education be built on the basic principles of:

(1) intellect and dignity

(2) patience

(3) cooperation

(4) tolerance

and (5) evaluation

Aims and objectives should be clearly and emphatically stated and programs of action inaugurated. In Mississippi we are experimenting with the following:

(1) Adult education

(2) Teacher-training

and (3) Classroom instruction

(Child guidance)

(a) scientific facts

(b) emotional and social maturity

(c) discovering and developing talents

(d) wholesome recreation

and (e) security

It is advisable to reiterate that alcohol education is in an embryonic stage. If progress were measured by the distance from present status to the goal the situation would look discouraging, but when progress is measured by the distance traveled from the beginning then the pic-

ture is hopeful. "Let us not be weary in well doing."

In conclusion, may I leave with you these words of the late Rev. Peter B. Marshall:

"Lord, let us not be frightened by the task that confronts us

Instead, let us give thanks to Thee

O God, for having matched us with this hour.

And grant us, we pray Thee, wisdom, courage, strength, and patience that we

May have a part in finding the answer."

A PROJECT IN UNDERSTANDING

(Continued from Page 196)

by students.

There is no one answer, simple, direct, all-inclusive, which can be handed out to those who attend. A consensus is arrived at only by diligent consideration of the variations which each person experiences on his campus. The SCHOOL provides this opportunity. No pronouncements are made as the official positions of the SCHOOL, but each year the students who attend formulate their conclusions. These appear in The International Student each year. It is hoped that in several years this material may be collected into a symposium of thought on the subject. But the primary aim of the SCHOOL is to have the college student **think through** the situation in the light of the best knowledge available, and to arrive at some personal position which seems satisfactory.

Naturally this cannot be accomplished in the short period of one week. Therefore the SCHOOL is considered to be but the beginning of the process of learning. But it is a beginning which is essential to the total process. Students from this country and Canada are recognizing that this is the one opportunity which they have at the present time to give the kind of study they want to give to this extremely important problem of their campus life.

How Intercollegiate School Of 1950 Impressed Me

By HANK MAIDEN
Washington State College

THE FIRST Intercollegiate School of Alcohol Studies was an opportunity for many of us to discuss this great social problem objectively and candidly. Much of the time previously, we were able only to pool our ignorance on this topic. The main speakers were well versed, for nearly all of them had attended the Yale School of Alcohol Studies—the most comprehensive study to be found. The faculty presented us with the latest information and facts, and we had ample time to “hash” over controversial points in bull sessions.

We were fortunate in having in attendance students with diverse backgrounds and ideas. This helped those of us who held the “WCTU” approach to stop and think more objectively. In similar fashion those who thought that social drinking is correct, began to think in terms of the truths presented. The intellectual atmosphere—the give and take—between differing points of view was refreshing.

Another outstanding feature was the friendships that grew up in the week. The planners had the foresight to realize the value of providing a great deal of time for recreation, relaxation, and bull sessions. This time was not wasted, but on the contrary, it was one of the more worthwhile aspects of the school.

My criticism would be directed at the approach of the school to the problem. I felt that it tended to isolate the alcohol problem, when actually it is tied up with all the problems of society.

This difference of opinion does not detract from the school; actually it points out that the school helped me to formulate ideas and truths about this problem. I am grateful for having attended. I hope that you will find it to be a most challenging and enjoyable week. I did!

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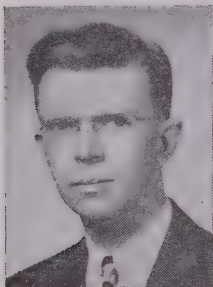
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The Coming Intercollegiate School at Cornell College

By STANLEY F. KNOCK, JR.

CORNEILL COLLEGE, Mount Vernon, Iowa, is host to the Second Intercollegiate School of Alcohol Studies, June 17 to 22. This unique experiment in **understanding** for college students, tested first at Otterbein College a year ago, is no longer an experiment. Planned by and for college students, it offers an opportunity to students to think through carefully the full meaning of



Stanley F. Knock,
Secretary,
Intercollegiate
School.

the presence of alcoholic beverages on their campus—and elsewhere. This may be the only opportunity that many will have to do so. Noted educators and authorities from across the country and Canada, will be present to lead the discussions and seminars. Much time is allowed for individual and group conferences and “bull sessions.” The five days, June 17-22, mark one of the most unusual opportunities that students will have for thoughtful study of this major social problem.

The School is **not** an attempt to force stereotypes on unsuspecting students. It is **not** a sharing of ignorance by uninformed persons. Those who want simple answers will **not** receive them.

Students who think, who realize the highly complex nature of the problem, who want to delve into both the scientific and philosophical areas, will discover a unique opportunity to do just this at the SCHOOL. Questions can be raised, issues can be discussed and debated, convictions can be tested. This is a project in understanding which demands the best thinking that can be given it

(Continued on Page 192)

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OCTOBER,
1951

STUDENT

In This Number - -

College Student

Editorials on—

“DRINKING: Personal or
Social Responsibility.”

Olivet Nazarene College,
Kankakee, Ill. (See page 29)

Democracy
is something
deeper than
Liberty; it is
Responsibility

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THE INTERNATIONAL STUDENT

October, 1951

Vol. 49, No. 1

HARRY S. WARNER, *Editor*

Council and Representatives: Stanley F. Knock, Jr., Yale Divinity School, New Haven, Conn.; Samuel Campbell (Univ. of Toronto), Toronto, Can.; Roger S. Haddon (Bucknell), Phila., Pa.; Adolfs Silde (Univ. of Riga), Marburg, Germany; Bo Nilsson, Karolinski Institute, Stockholm, Sweden; Henry C. Jacobs (Hope College), Grand Rapids, Mich. *Contest Secretary* Edwin H. Maynard, Chicago, Ill.

WITH A VISION that sees the ability in creative, youthful personality, equipped with high education and devoted spirit, to aid—and lead—effectively toward “solution of the Alcohol Problem”, as in other movements of human advance, Mr. Logan H. Roberts, civic and church leader of the Northwest, four years ago made provision for annual Editorial Contest among college students, on various aspects of this great problem in human living. Confident from his own years of experience, that the original thinking of college young people, their study and personal attention while students, would yield a constant stream of service and renewed leadership, Mr. Roberts has recently endowed this project, making it a permanent feature of the Intercollegiate Association.



Logan Hall Roberts

It is due in honor to him, who is thus serving his generation, and others to follow, that this **CONTEST NUMBER** of *The International Student* should be dedicated to **LOGAN HALL ROBERTS**, Nebraska Wesleyan '99, an early College Secretary of the Association.

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Who Is Responsible?

College Students Answer

Editorial Contest Theme: "DRINKING: Personal or Social Responsibility?"

A YEAR AGO at the first Intercollegiate School of Alcohol Studies, a group of twenty-one students from widely diversified colleges, after five days of free discussion concerning a course of constructive action in college communities, **found themselves sharply divided** on this basic aspect of the problem. Where does responsibility lie? Is drink a personal question? One which each must answer for himself? Is society chiefly or wholly responsible? Does solution lie in the personal decisions and acts of thousands? Or in something to be done by society as a unit? Or in both?

This group concluded that the question of major responsibility, whether personal or social, should be studied, and at least understood, before campus-wide or community-wide action could gain significance among students today.

The EDITORIAL CONTESTS of The Intercollegiate Association for 1950-51, using this theme, point up very recent answers from 395 college students, undergraduates at the time of writing, in 68 colleges of the United States and Canada. In the form of short editorials, they express opinions, based usually on recent study of the problem. For these editorials, \$1,700 in prizes was offered through the annual Logan H. Roberts Awards, of The Association.

The editorials submitted did not deal exclusively with this (the assigned) aspect of the question as asked by the 1950 study group. The parts, therefore that are directly related to the theme, are here given priority in publication of the results of the 1951 contest.

Specific Instances

Writing on "Drinking: Personal or Social?", Annetta Tallyn, College of Education, '54, Cheney, Washington, points up the introduction of a danger-element:

THE DAY is clear and bright. A youngster, barely able to walk, is sailing paper boats in a stream of water, running along the curb. He is the captain, guiding his ship in dangerous waters, oblivious of an ordinary street, lined by trees and ordinary curbs. He is in the middle of the Atlantic Ocean, in a world of his own.

A car careens down a street. The driver is on his way home. His thinking is hazy, and his hands on the wheel are not quite steady. The car is traveling very fast, and its course is not straight but weaves from one side of the street to the other.

The two scenes meet. There is a screech of brakes. The scream of a horrified mother fills the air. Then silence. A small child is gone from a world of realities.

"Is drinking a personal or social responsibility?" you ask. "Is there any question?" Drinking begins as a personal responsibility, yes, but it soon becomes a social one. When lives are lost, bodies become diseased and are as "living dead" on Skid Row, crimes committed, people placed in mental homes, children are mentally unbalanced and homes are broken—and alcohol is responsible—how can this be personal responsibility when the person is no longer responsible? It cannot. It is up to society at large to find the way—the way to prevention—not just to cure.

Writing on "Deglamorizing Alcoholic Drink—a Social Responsibility," Walter W. Smith, Olivet Nazarene College, '54, Kankakee, Ill., gives an instance:

AT FOUR o'clock in the morning, June, 1948, an automobile, carrying three couples, was speeding recklessly at one hundred miles an hour over hills, around curves and through small towns. Suddenly, at an unexpected moment the road curved and dipped. The car swerved, careened, then rolled over and over, tearing a guardrail, and splashed into six feet of muddy river water. Two of the girls were killed instantly; one fellow drowned before they could pull him free from the wreckage;

another was hospitalized; the driver and one girl were lucky enough to get only a few minor cuts and bruises.

What caused all of this? Why had the driver been going so fast and recklessly? It started after a high school prom. Several members decided to go to a night club. . . . Drinks were ordered . . . they decided to go to a small town a few miles away to purchase food for an early breakfast by the river. They never made it to the town. The alcohol too soon began to take effect on one of the drivers.

Multiple Instances

Using the title, "**Drinking: Personal or Social Responsibility?**" Richard Sprague, Baldwin-Wallace College, '52, Berea, Ohio, sees the danger-element in its wider aspect. He writes:

THE **Cleveland Plain Dealer** heads its news story, "Drunken Brawl Ends in Death for Two"; the Cleveland Traffic Safety department prints posters to carry the warning, "Drunk Drivers go to Jail"; the County Morgue calmly collects statistics which show an alcohol incidence in the blood in 56% of the violent traffic deaths; the Judge in the Domestic Relations Court grants a divorce to a husband and wife who each claims that drinking by the other is the cause of their broken home; the Judge of the Municipal Court sentences an alcoholic to a term in the workhouse to sober up; and he recalls that perhaps 80% of the cases that he handles involve alcoholic beverages in some way. (Continued on page 23).

My Part And Society's

In a personality analysis of "**The Dual Responsibility**" of the individual and society, Wilma Jean Alexander, University of Chattanooga, '53, Tenn., says:

A MOST interesting and controversial subject is the question of drinking—about whose responsibility it is to control it, the individual's or society's. I was of the opinion that the responsibility belonged to society as it was so greatly affected by alcoholics. Since alcoholism is treated as a disease today, and since it so greatly affects the mind, I thought it should be treated like in-

sanity—place persons who have been proven alcoholics in an institution and try to cure them, for their own good and for the good of society.

Then one day we discussed the problem in one of my classes. One man, who was a graying sophomore, took a particular interest in this discussion. His ideas on alcohol and the responsibility of alcoholics were so positive and sound that we looked to him as the leader of the discussion.

After class I wanted to talk to him.

"Some of your ideas on alcohol are good. You must have done a lot of thinking and research on that problem."

"I have. For several years I did little else."

"So you think drinking is definitely a personal responsibility. How can you be so sure? Aren't there things society should do to aid alcoholics in re-establishing themselves?"

"There are some very necessary things for society to do, but primarily, it's up to the individual. Let me tell you why I feel the way I do.

"I suppose you wonder why I am just beginning college at the age when most men are well-established in their professions. Well, I was robbed of, or rather, threw away what should have been the best years of my life. When I finished high school, I found it necessary to work before I entered college. I was ambitious and soon worked up to a good job. Then I began to receive invitations to drinking parties thrown by the 'gang.' After a while the parties weren't enough. I had to stop by the bar for a drink on my way home from work and wasted my whole paycheck on liquor.

"Well, I went from one thing to another—lost my job, my friends, my health, and reached the lowest ebb a human life can reach. I lost all contact with moral society. I was a slave to the bottle. It became a disease and obsession with me. I couldn't stand to sober up to reality.

"Years were wasted. One day I woke up in a hospital. The doctors talked to me about my physical condition, and a preacher visited the ward and talked about my spiritual condition. My friends had talked to me before. They'd tried to get me to quit drinking, but somehow I

hadn't been able to.

"As I lay there I wondered, 'Why are they so concerned about me? I'm no good. They should have done something for me a long time ago.' Then I realized it was useless to blame others. No one could change me. I had to change myself. They'd help all they could, but the ultimate decision was mine.

"I decided to come back to the human level. I talked it over with the Doc and a social worker. They were great! They helped me find a job and a place to live, a home with other men who were trying to regain their foothold on life.

"It was a long, slow process. I heard speakers from Alcoholics Anonymous telling about their recovery and success. They, and the confidence of others, gave me hope.

"After a while I was cured. I was on my own. I had conquered! Without the help of society, I probably couldn't have done it. I don't know. But I had to make the decision. I had to resolve to change. It was **my** responsibility.

"Now I have to continue my so long-delayed education. I've restored my morals and I'm working on my mind, but I doubt that I'll ever be able to erase the physical results.

"So you see why I am so interested in this problem, why I give such definite answers. I know from experience."

From that time on I respected this man. He was a conqueror. He had accepted his responsibility and, with the aid of society, corrected his error. My attitude changed too.

Is liquor a personal or social responsibility? It is personal—it is up to you and me to take care of ourselves. But does society have any part in it? Yes, it is a dual responsibility. It is society's part to give aid and encouragement to those who will accept it. Society has a vital role to play.

"Am I my brother's keeper?" That's an old question, but the answer's still the same. We must do all we can to help every individual to live the richest, fullest, most wholesome life possible, for he is a member of society.

The Individual; His Immaturity

Asking the question, "John Barleycorn: Whose Bad Boy?" Bryan W. Robinson, Davidson College '52, Davidson, N. C., answers it:

YOU DON'T study the alcohol problem long before you realize that something is the cause of the alcohol being drunk. There is something in the individual and in his society that causes him to drink. I mention these causes briefly: inferiority complexes, social uneasiness, daily tensions, responsibility, frustrations, fatigue, social pressure, and advertising.

There is not a single one of these reasons that a thing called maturity can not and does not conquer. So the question really is: 'How is maturity attained?' I have three suggestions to offer.

First, through education. If it were widely known and believed (in the same sense that one believes the sun will rise in the morning) that alcohol has no food value, does not aid digestion, is a depressant, is used less and less in medicine, and shortens life expectancy, I think the rate of alcohol consumption would drop over night. The mere publication of observable facts will turn many away from Alcohol.

But education has a far more basic function than this. It can strike at the roots of the actual cause of alcohol consumption. It is estimated that 30% of all alcoholics result from a poor start in life. What can education do here? Raise the standard of living, improve living conditions, remove traditional frustrations, and teach parents proper child care and management.

Second, through plain common sense. It is a scientific fact that alcohol deadens that part of the brain that affects the 'higher' part of man. It makes man revert to a more primitive form of himself. The pleasures experienced are those of an adult returning to his childhood, of the race to its less civilized states. They are essentially selfish and bestial.

Third, . . . What shall I call it to avoid triteness? How

shall I phrase it to escape an immediate, unfavorable reaction? Bertrand Russell, who has thrown many jibes at religion in the past, has discovered it, and said recently: ' . . . the root of the matter is a very simple and old fashioned thing, a thing so simple I am almost ashamed to mention it. . . love, Christian love.' This type of maturity would remove the inferiority complexes, frustrations, and tensions that are the cause of so much drinking. It would fill the holes a man ordinarily tries to fill with alcohol.

These are my suggestions for maturity. Education, common sense, and love are things which necessarily start with the individual, but which must spread to and gain strength and meaning from society. Now, the answer to the query emerges and stands out before us. **It is the responsibility of each, and of both.** Neither the individual nor his society is unimplicated in this problem. The solution of every problem starts with the individual. So it has been from the beginning of time, so it will be until the end. It is incumbent upon us to make ourselves mature, so far as it in us lies. Men who believe that the world can be made better and who act on that belief are likely to live in a better world than otherwise. . . . Changes may be described in terms of broad movements, but all have to start with an individual—sometime, somewhere. Any change, either good or bad, always is conceived and started in one mind. This is the responsibility of the individual.

It is further incumbent upon us, for the common good, to spread what we have learned to others, to share with them what we have gained. No man lives unto himself. This is attested by history, economics, ethics, and religion. A man without other men is not really a man. He shapes society, and in turn is shaped by it. It is his duty to aid and help society, and for society to aid and help each of its members. This is the responsibility of society. To assign the responsibility to either alone is to over-simplify the problem. Societies are made up of individuals, but individuals are not people unless they are in society. Individuals initiate action; society carries it out. The responsibility lies heavily on both as long as there are

broken homes, children with twisted lives, and senseless killings due to John Barleycorn. Neither can escape this responsibility. Let us accept our responsibility, then, and pray God, we will someday have a better world for our loved ones to live in."

The Social Drinker

In his thought-provoking editorial, **Alcoholism vs. The Alcohol Problem**, Robert W. Fiske, Randolph Macon College '51, Ashland, Va., brings out a vital new aspect in the problem of responsibility. He says:

WHAT IS the alcohol problem? Is it the problem drinker? The alcoholic? Or, the social drinker? By careful consideration the author of this paper has come to the conclusion that it is the social drinker. His analysis begins with the attempt to discover why alcohol is sinful and proceeds to make a clear distinction between alcoholism and the real alcohol problem. The basic argument is that alcoholism is the natural biological result of the problem.

To begin with, alcohol in itself is not a sin. One may take a drink, or even two drinks and never feel that he has committed any wrong. However, through the overall destruction—the wrecked homes, the people killed by drunken drivers, and all other evils evolving out of drinking—alcohol has definitely become an evil within society. People are killed, raped and injured because of it, and since these things are contrary to the will of God, it can be nothing short of sin.

Furthermore, this evil is sanctioned by American society. Parties, dances and club meetings all have their cocktails and toasts of alcoholic beverages. One may wonder how these can be evil, but he can answer the question himself by looking at the figures regarding alcoholics and problem drinkers. Sixty percent of today's victims of alcoholism began as social drinkers and they are cost-

ing the country billions of dollars (not to mention the eight billions spent last year in alcoholic beverages alone) in hospital bills, jail upkeep, police forces and the like. At the same time people in the world are dying because they haven't the money to pay for bread to eat, or because of a drunken husband. Social pressure is the cause of this corruption and it must have an anti-movement.

A present tendency in the United States is to squelch any radicals who preach about or propose law enforcement, prohibition, or any other way to prevent the sale of alcoholic beverages. One reason is that Church people, as well as non-Church people, seem to see an undefined futility in striving to rectify the problem, mainly because they, too, are a part of it rather than a part of the solution. Another reason is that we are not making a very clear distinction between alcoholism and the alcohol problem. Hence, we think we are accomplishing something in working on individual victims of alcoholism and extinguishing radical social-reformers (who reportedly forget the alcoholic), while the real problem continues its deadly destruction across the country. An attempt will be made in the following discussion to show just how clear this distinction is.

Just recently in a small Virginia college a member of the Alcoholics Anonymous held a discussion concerning the methods which should be used in combating the alcohol problem. He stated very emphatically that the **only** method was to deal with individuals. Preaching, education, and law enforcement were out-lawed as old-fashioned, impractical and even un-Christian. The basis for these criticisms was that those who strive to preach, educate or enforce prohibition are treading over and destroying those who have already become the victims of alcohol. Therefore, the one-time radicals are instructed to pick out some individuals on the campus who are supposedly problem drinkers and disillusion themselves into thinking that they are making headway in the problem, while ten more possible alcoholic freshmen are at a party learning how to drink and how to hold a glass correctly for social drinking.

This is not intended to make fun of the A.A.'s, for they

are doing an effective and commendable job in their realm. However, they must not forget, nor must any hospital or sanatorium experts forget, that they are dealing with the **effects** or the **results** of our problem, rather than with the sin itself. Sixty percent of those who are not immune to alcoholism take their first drink as an accepted social custom, and the natural biological processes take over from there to carry these men to destruction. To cure the potential alcoholics in the world we must go to the root of the problem, society itself, and form an "anti-social-pressure" against drinking.

Therefore, it is up to the Churches, Church Schools, and similar organizations to take a stronger stand and form a bloc against the social pressure which has its aristocratic roots in American tradition. The alcoholic may be in the gutter, and we cannot deny him the privilege of first consideration, but we must take into greater consideration this **social sin** which endangers the lives of every American citizen. An "anti-social-pressure" may not be the only answer but it is **one** answer and to develop it we need more "radicals", more "self-ordained crusaders", more "disrupters of the status quo" and more "idealists". Why don't you be one?

"No society, based upon common responsibility, can long endure if its weakest link comprises 20% of its citizenry."—**Richard Sprague**, '53, Baldwin-Wallace College, Berea, Ohio.

"Our society is a breeding-ground for ill mental health! We develop a cultural 'norm' which is so wide in range as to leave nothing but a hodge-podge of overlapping and conflicting values, and then we wonder at the confusion which surrounds the average person . . . and condemn the alcoholic."—**Bernice Elizabeth George**, '52, University of Rhode Island, Kingston, R I.

"Alcohol should not be regarded as a beverage. It must be regarded as a drug, a severe habit-forming drug that dulls the nervous system and destroys the inhibitions."—**Bob Weiner**, '52, University of Miami, Coral Gables, Fla.

"Moderate drinkers are the ones responsible for the drinking problem today, for it is they who give an air of respectability to drinking."—**Elaine Elrick**, Queens College, Charlotte, N. C.

Personal Decision is Decisive

Describing the actual experience of many in her editorial-story, "And Your Decision," Verna D. Mader, Nebraska State Teachers College, '51, Kearney, Nebr., writes:

"**W**E CAN go to the dance at the Club and drink or go to the movie at the Theater. Which will it be?"

We had stopped for a red light and Jim was letting me decide what our evening entertainment would be—the Club or the Theater. I hadn't been out with Jim before and I wasn't sure what he preferred. I was "on the spot" as his opinion of me as well as society's rested in my answer.

If I were to choose the Club and drinking, I could see us enter the smoke-filled club room with its blaring band and hilarious voices. We'd have a drink to get in the mood and then join the inebriated mob on the dance floor. The odor of liquor would be breathed in our faces and the uncontrolled bodies would bump into ours. We'd decide we needed another drink to keep up with the crowd and then another and another until we'd enter a different world and become as clumsy and loud as our friends, who had lost all sense of decency and self-respect. When the Club would close we'd be herded out like the rest into the cold morning air and Jim would drive me home or we may end up as two more statistics in the "Traffic Deaths from Drunken Driving" column of the morning paper.

Yes, I could decide the Club. No one would be forcing me to go; for I would have decided with no outside influence to go to the Club, to accept the first, second, third and all the rest of the drinks. No one really would care if I drank or not; some would frown if I refused a drink while others would admire me for keeping my principles. By accepting the Club and the drinks, I would be ruining my own life by my own decision.

We stopped for the next red light and Jim glanced over at me as he changed gears. He was waiting for my decision—the Club or the Theater?

If I were to choose the Theater, I could see us enter the quiet, mystic life of the cinema and watch the lives of other people pass before our eyes. No smoke or alcoholic odors to contaminate the air, no blaring noises or uncontrolled bodies to disturb us; just a small boy in the next seat crunching popcorn. After the movie we'd stop in at Mac's for a hamburger and a cup of coffee. We'd put a nickel in the nickalodian and dance unmolested to the music of some hit band. We'd laugh, talk, and enjoy ourselves without the slightest whiff of liquor. Jim would take me home and as we said good night I'd be able to thank him for a wonderful evening.

Yes, I could decide the Theater. I would be making my decision to not drink. Society had established the Club for those who would need liquor to have a good time; but society also established the Theater for those who could have a good time without liquor. Which group did I want to be in?

As we slowly moved down among the many cars of downtown, I made my decision. Society didn't decide whether I wanted to go to the Club or the Theater; social pressure hadn't been a factor in my decision; Jim hadn't decided; I, with my own will and initiative, had made my decision. As I told Jim I preferred the Theater, he smiled and I knew I had made the right decision.

When you are confronted with the question, "Shall we go to the Club and drink or go to the movie at the Theater?" what will YOUR answer be?

"It is time for this so-called 'Christian nation' to realize that we are licensing a monster and deriving a revenue from a business which is making widows and orphans, filling asylums, and sending thousands of men and women prematurely to their graves."—**William W. Allen**, '51, Nebraska State Teachers College, Kearney, Nebraska.

"Man is a three-sided entity: mental, moral and physical. Therefore, the best solution to the alcohol problem must include an approach to all three sides. Education, in the broadest sense, will reach his reasoning powers; religion will reinforce his will to abstain; physiological knowledge will make him fear alcohol's destructive powers."—**Marie Vairo**, '52, Potsdam State Teachers College, Potsdam, N. Y.

Myself – or My Country

“Alcohol: “My Own Damn Business”? . . . an editorial,” by Robert M. Parrot, '51, Cornell College, Mt. Vernon, Iowa, reads, realistically:

THE CONTROVERSIAL question of alcohol is like mercury in a thermometer on a hot day . . . it keeps coming up. As long as the liquid is consumed by human beings, other human beings will question this usage.

The anti-liquor battle is usually waged on one of two levels; namely, the emotional level and the intellectual or rational level. In past years, the emotional attack “hath lost its savour,” but, at its height, it was characterized by women singing hymns in barrooms, mass meetings in which non-drinkers rallied to the cause and impassioned sermons by clergymen.

In our own times, we have seen a swing from this emotionally-charged approach . . . which was highly convincing to the non-drinker but generally ineffective with the element who partook . . . to a more intellectual attack.

The public non-drinkers and otherwise, are now stuffed with statistics dealing with liquor and traffic accidents, the comparative amounts of money spent on alcohol and education and the length of the life spans of those who drink set off against the life spans of those who don't.

These arguments are as admirable as they are convincing . . . to the non-drinker. But the great majority of those who indulge shrug their shoulders and continue to drink.

However, there is one argument which is made by both the logical and emotional exponents of non-consumption . . . an argument which the drinker must face, not only as a citizen of a free country, but as one of the many inhabitants of the world. That argument is simply this: **drinking** is NOT a matter of doing “What I damn please;” rather, it is a matter of social responsibility just as much as a person's manufacturing high-explosive in his basement would be, not “my own damn business,” but

the concern of his friends and neighbors.

It is true that a man can drink and, in the right situation, not become a menace or a nuisance to his fellow man. By the same reasoning a man can play with his home-made bomb without blowing up his neighborhood. But, as long as there exists a possibility that the bomb MIGHT go off or the drinker MIGHT cause an accident, the drinker and the amateur munitions-maker must recognize their social responsibility.

On its highest level, however, the question of alcohol is not a family, town or state question. In this day, when free nations are threatened by the insidious forces of Communism, we need clear minds and strong bodies to combat that force which would take away our fundamental freedoms . . . freedoms that are the very foundations of our society. To escape from world problems via the percentage-proof route is not the answer . . . it is what the enemy desires most.

A mind dulled by alcohol is not the mind which will triumph over the shrewd and evil machinations of the forces of Communism. The body weakened by alcohol will not be strong enough to overthrow a force that desires to enslave us. A nation of drinkers . . . moderate drinkers, social drinkers or just drunkards . . . will not have the moral fibre to survive the long and bitter ideological struggle which seems imminent.

This is not to say that drinking will be the single causative factor if American society (or western society) falls before a Communist onslaught. However, it is the duty of every thinking American to decide now what he values most and honestly ask himself, "Am I doing the BEST thing for my country when I drink?"

"Liquor works against everything that Jesus worked for. Liquor destroys self-respect while Jesus was always creating it; liquor tears down self-discipline while Jesus was always building it up; liquor destroys while Christ was always saving. His law, as Paul said, was, "bear other's burdens." Drinkers do just the contrary; they make burdens for others to carry."—**Winifred Huston**, '52, Pueblo Junior College, Pueblo, Colorado.

As Students and Citizens

Writing on "It's Up to Us," Janice Stauffer, '52, Olivet Nazarene College, Kankakee, Ill., faces the responsibility of educated youth—and citizen leaders—to do something. She says:

"I T'S NONE of my business if people want to drink alcohol. There's nothing I can do about it." Surely, intelligent people would not make such an indifferent statement! Today, more than ever before, strong drink influences the life of every individual, whether a drinker himself or not. Likewise, we can all do something about it.

The majority of alcoholic imbibers begin to drink for social reasons. They have received the discolored impression that it is "smart" to drink. They have seen it played up in the movies, in magazines, on billboards, over the radio and on college campuses until they feel that it is the socially accepted thing to do. It is said that "everyone" drinks. Modern man is a gregarious creature and instinctively seeks companionship and recognition. It is easier to drink than to be ridiculed and slighted; therefore, many partake of this glamorized poison who would not otherwise do so.

After the first experiences with alcohol and its effects, some continue its use as a sedative because it makes them feel "good" temporarily. From this stage they proceed to the next step which is that of escape. It provides a period of relief from heavy responsibilities. In so doing, it lowers judgment capability, self-criticism and self-restraint. The intoxicated is not able to solve his problems sensibly. Thus, many otherwise happy homes are ruined hereby. Soon we find that drinking has become a binding habit which defeats natural living, leaving its victim hopelessly helpless.

With this picture in mind we realize that, although it is one's personal responsibility not to begin drinking, it becomes exceedingly difficult for a drunkard to break the

drink habit. He is no longer in command of his senses and is, therefore, unable to assume a personal responsibility against drinking.

We must face the fact that in one recent year 50 million drinking Americans wasted more than \$8,000,000,000 on beverage alcohol. The results of this expenditure were traffic accidents, broken homes, immorality, delinquency, crime, and premature death. America's 50 million non-drinkers should not have to help finance the social costs and handicaps caused by the 50 million drinkers.

Since these alcoholics are no longer able to assume their social responsibility; since the liquor magnates are not at all concerned about wrecked humanity; since the church helped to vote in this evil; since some colleges and universities are beginning to permit liquor on their campuses; since industrialists entertain their employees with beer parties—**where** can we find a group that will assume the great responsibility of combating this disastrous social evil?

We, as intelligent college students, must recognize the fact that the responsibility for a drinking America falls upon our shoulders. There is much that we, as members of the social order, can and **must** do! We represent the professions and leaders of tomorrow. We **must** declare that it is **not** "smart to drink alcoholic beverages. We, as teachers, **must** teach scientific information about alcohol. We, as ministers, **must** arouse our churches to action against this trend. We, as editors, **must** inform the public as to the effects of alcohol upon traffic, poverty, crime, and health. We, as enforcement officers, **must** see that existing laws regarding beverage alcohol are known to the public and strictly enforced. We, as physicians, **must** establish local clinics for the treatment of alcoholics. We, as parents, **must** have rules of total abstinence in our homes. We, as American citizens who love our country, **must** not only create social pressure against alcohol, but use our franchise to outlaw this treacherous menace to happiness!

"My Own Affair" — or Cooperation

In her editorial, "Whose Responsibility?", Jane Ewing, Lindenwood College, '53, St. Charles, Mo., brings out college attitudes and problems. She writes:

NO ONE denies that the drinking of alcoholic beverages leads to many social problems—financial insecurity, unhappy marriages, drunken driving, alcoholism. No one denies that something ought to be done about these problems—that something ought to be done about our attitude toward drinking. But who is going to take the responsibility? Society or the individual? Does the fact that drinking creates social problems give society the right to take collective action against it, and even the right to curtail individual freedom? Or is drinking a personal matter for which the individual alone is responsible?

These questions were asked of a group of college women—particularly concerned with this problem because of their age and environment—and in almost every case the immediate answer was that drinking is a personal responsibility. "It's my own business if I drink—there's nothing wrong with drinking in itself" . . . "It's your own affair as long as you stay out of trouble" . . . "No one's going to tell me I can't drink" . . . "Everyone has to make up his own mind."

But the longer they talked about it, the more qualifications they added: "It's your own business if you behave yourself and don't get drunk" . . . "As long as it doesn't really hurt someone you love and respect" . . . "If you can drink without going against your own set of personal standards" . . . and most frequently of all, "Drinking is all right if it doesn't put pressure on someone else."

Clearly these exceptions loom bigger than the rule. Few people successfully avoid these pitfalls. It is simply not true that most people have intelligent standards of behavior and are stable enough to adhere to them in spite of adverse social pressure.

It is plain that drinking cannot be solely an individual

responsibility. But is it right to prevent people from using their own judgment about an act that in itself is neither good nor bad? Society restrains people from murdering each other because the act is bad in itself, but the simple act of taking a drink could hardly be called good or bad.

The responsibility cannot belong completely to each person, but neither can it be completely taken over by society. The answer is in a cooperative effort. The individual must look at the problem socially.

The question is: How can society and the individual, working together, do something about the problem of drinking? Perhaps at least a partial answer can be found by a re-examination of the answers of the college girls: "Drinking is a personal responsibility as long as your actions don't put social pressure on anyone else."

Perhaps more than any other single factor, social pressure has made drinking a greater problem for greater numbers of people. Within the last three decades, drinking has become an accepted part of our culture; the pressure on a person who does not wish to accept it for himself can be a rather ugly thing. It is the cause of a great many cases of alcoholism, and it is certainly the reason many young people start drinking, either without thinking much about it, or with definite feelings of conflict.

It is on young people that this group pressure falls heaviest, and it is young people of college age who are in an excellent position to do something about it.

Drinking has become the thing to do, so people drink. "Everybody else does." Well, what if "everybody else" didn't? Then couldn't the social pressure which is such a problem now be turned to advantage? And just who is "everybody else", anyway? A collection of individuals. Each one of us. Fashions in drinking, like fashions in clothes and slang, are pretty much a matter of follow-the-leader. If the leaders, the outstanding personalities, among young people, would decide that drinking is "not done", or at least not required, the idea that drinking is

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The Alcoholic: Social Responsibility

Writing on "Alcohol: A Social Responsibility," Ilene Lowe, '52, Johnson C. Smith University, Charlotte, N. C., says:

IT HAS BEEN estimated that over one and one half million people in the United States are social problems by reason of the excessive use of alcohol. This is a very serious problem when one realizes that alcoholism is seen frequently as the cause of domestic discord, family disorganization, and crime.

The most important fact to remember is that every person who is an alcoholic has a personality problem, the former being caused by the latter. The use of alcohol is a means of escaping or evading reality—that situation in which people are aware of the presence of problems to be solved, difficulties to be overcome, intentions to be executed and goals to be reached.

Every alcoholic is immature, insecure, extremely sensitive, and anxious. He carries a feeling of inferiority, and is unable to cope with people or his work socially unless he has some kind of artificial support, namely, alcohol.

The more this type of person uses alcohol the more he begins to depend upon it for support in every situation that confronts him, regardless to how simple the problem might be. He must lean on the only staff he knows that has ever given him ample support. He neglects to concern himself with the support to be had through contacts with human beings.

An escape from reality by means of alcohol is a symptom of basic personality difficulties. But why does a person have these difficulties? And what causes them? An individual is a product of his environment which is formed mostly by the rules of the particular society which he happens to be a part of. Taking this into consideration, then what type of society is likely to produce alcoholics? Most alcoholics are found in a society that has lost a high

degree of its personal control over the conduct of its members.

We pride ourselves in saying that we live in the kind of society which looks upon things from a mountain-top view: we can see things from every angle; that we respect the rights of a person and allow one to choose the things he wishes to do in his own personal way. But we fail to realize that if one is allowed to use alcohol just as he so desires the result reaches beyond the individual and his personal liberty and has detrimental effects upon the social group in which he lives.

Society has seen the need to protect individuals from disease by quarantine or isolation. It has laws to protect one from purchasing impure food, laws regulating the use of and possession of narcotics, but there are no laws adequate enough to keep the person who indulges in the use of alcohol from engaging in activities which endanger the welfare of society.

We say that society must be broadminded and take into consideration that moderate drinking does no harm to anyone. The fault with this view is that the moderate drinker is always a candidate for alcoholism. The excessive drinkers are derived from the moderates and the alcoholics from the excessive drinker.

The society which maintains these individuals is usually one where emotional instability is hovered, where little effort is being put forth to educate the public conscience in regard to the necessity of respect for law and the good of essential regulations for safeguarding the health, moral, rights and life of the social group; where little attention is given to the younger generation from the evils of the results of the excessive use of alcohol.

In our society we even go so far as to brand the successful person with the mark of using a particular kind of alcoholic beverage. This type of situation will lead the younger individual to believe that it is all right to take part in the use of alcoholic beverages.

Since we are almost a product of our social environment, then it is the duty of society to create folkways, mores, and laws toward the maintaining of a group of superior individuals. It is then the responsibility of

society to keep down problems that will cause its members to resolve to alcohol as a means of escape from its realities.

Both Personal and Social

Beginning with a survey of typical daily instances in a great city (see page 5) Richard Sprague, Baldwin Wallace College, '52, Berea, Ohio, writes:

THUS RUNS the narrative of sorrow, crime, and lost potentialities of greatness and productivity in America. This loss can be attributed directly and in part to the effects of the consumption of alcoholic beverages. Here, indeed, is a social situation which is threatening to destroy the very basis for the existence of society, which basis is to promote the common welfare.

Men are in no position, no matter how great potentially, to promote the general welfare if the bodily functions which make them great have been anesthetized by alcohol. A man ceases to be a human and becomes an animal, interested only in the anti-social self.

No society, based upon common responsibility, can long endure if its weakest link comprises 20% of its citizenry. That 20% of the American citizenry which drinks to excess has at least part of its potential productivity lost in licentiousness and cajoling forms an insidious part of the internal canker which is gnawing away at the heart of American morality.

True as it may be that the fact of drinking is only an outer manifestation of a much deeper cause, a symptom if you wish, this is no reason to turn away in resignation from the evils inherent in the symptom. (Nor to be blind to the open propagation of the symptom by an industry intent only in gaining a material profit.) The fact that in many cases the causes for drinking are social and beyond the reach of the individual is no excuse for refusing to attack the problem on both the individual and the social

level. We do as much for the physical diseases of cancer and tuberculosis, why not for alcoholism?

The fact that the drinker was weak or foolish during the period when he could have refused, but didn't, in no way lessens the guilt of society in making possible such weakness or approving of such foolishness. Nor does it lessen the responsibility of the drinker for his actions in the past and in the future. Just as the driver of the car with faulty brakes is responsible for the damage which may result to others and to himself so the drinker is responsible for his own conduct and the maintainance of his "social brakes" in good working order for all emergencies.

It can no more be said that drinking is a purely social responsibility than can it be said that wars would continue if individuals refused to participate in them.

Nor can the harmful effects of drinking be considered merely a personal problem. In these days of interaction and interdependency we are more than ever our brothers' keepers, all of us are responsible for what any one of us does. This is true inasmuch as what we do or do not do affects his behavior either beneficially or detrimentally.

Drinking is both a social and a personal problem and a responsibility worthy of the attention of all of us through our social organizations and governing bodies. Especially is this responsibility worthy of the attention of that some of our society which we call . . . me.

"MY OWN AFFAIR"—OR COOPERATION

(Continued from page 20)

necessary for social acceptability would soon become as dead as goldfish-swallowing.

But social pressure is a heavy weight. Young people need the help of society as a whole in solving this problem. Society—families, schools, churches, communities—must be responsible for creating a climate in which each individual feels the weight of a pressure **against** drinking.

Moderate Drinker Responsible

Writing on "The Alcohol Problem: Society's Responsibility," Elaine Elrick, Queens College, Charlotte, N. C., finds responsibility in the social drinking group. She says:

MODERATE DRINKERS are responsible for the drink problem of today, for they give drinking an air of respectability. If there were no moderate drinkers, the character of alcohol would be shown up in its entirety. The effects of excessive drinking are for the most part quite apparent and unappealing. The effects of moderate drinking, however, although harmful, are not so evident to the ordinary observer.

Choice wines and liquors have become associated in the minds of the general public with pleasure, wealth and success. The movies show rich, attractive people enjoying themselves at elaborate cocktail parties. Newspaper give reports on the banquets of the elite and tell of the hundreds of alcoholic drinks which are consumed. Drinking is the accepted practice at official receptions. A halo of dignity is placed upon alcoholic pleasure, while many of the actual occurrences due to indulgence in alcoholic beverages are not revealed.

High pressure advertising uses unscrupulously \$100,000,000 a year to mislead thousands, so that a small group of people may make a profit. We see that "men of distinction" insist on a specific brand of whisky. . . . "In modern society" as the economist Thorstein Deblen said, "the members of each stratum accept as their ideal of decency the scheme of life in vogue in the next stratum and bend their energies to live up to that ideal." This we see in millions of people attempting to copy the traditional drinking customs of the upper class.

Many people begin to drink because of the invitations or suggestions of their friends. After taking a drink, a person feels calm, poised, relaxed, self-sufficient, and self-important. No one bothers to suggest that these reactions are, in truth, indications of harmful bodily changes. Nor is it publicized that three out of every ten drinkers be-

come addicts, or steady drinkers. It is no wonder that there are three million serious victims of drunkenness in the United States.

The leaders of influential society should be made to realize the part they are playing in bringing about the destruction of a vast number of people who unwittingly follow the apparently desirable example which is set for them. It is essential that these leaders should now create a new, effective public opinion.

Both Personal and Social

Writing on "Drinking is Both a Social and Personal Responsibility," George Warshall, Northland College, '54, Ashland, Wis., said:

THE INDIVIDUAL and the social lie side by side; they center in the same circle. For each individual, after giving due consideration to the convictions of others, the final authority on the right or wrong of any opinion or action, such as drinking, should be his own conscientious and reasoned judgment. The individual knows that the well-being of society requires limitation in drinking for the moral development of all the members of society. It is the depth and intensity with which a man realizes his own social obligation that gives meaning and fullness to his life. There is, thus, a personal responsibility, if these obligations are to be met.

"The responsibility becomes social, also, when influence exerted on a man by social tradition makes itself felt as a sanction, that is, a judgment of validity or invalidity to a certain degree of restraint. Arising as an unenforced imitation, the influence of the social drink tradition ripens into a sense of 'we ought', representing the will of society. . . . Then follows a tendency to stimulate and assist imitation in others, especially the young.

Drinking in our society is the affair, both of the individual and of the community.

Quotable Quotes From The Editorials

Selected by W. Roderic Covey '52

Ohio State University

"Proving to the average person that alcohol is injurious to his body is no deterrent; he is more interested in his social acceptability than in his longevity."—**Marilyn Leichtnam**, '54, Northland College, Ashland, Wis.

"Have you a 'Skid Row' in your city? Every city has one. Half-clothed, dirty, drunk, lying in doorways and gutters are those pieces of human garbage from the kitchens of Hell. Men and women who probably one day said, "It is none of your business if I drink—it is my personal problem."—**Jack Roberts**, '51, Nebraska State Teachers College, Kearney, Nebr.

"Drinking is a social responsibility because it is a social tradition transmitting the customs, practices, and attitudes, from one generation to the next by imitation."—**Sara Mill Cooper**, '54, Queens College, Charlotte, N. C.

"Most Americans heartily applaud restrictions on the use of opium or morphine. What they do not realize is that alcohol is a narcotic with basically the same effect as these other drugs."—**Donna Hollenburg**, '53, Manchester College, North Manchester, Ind.

"Drinking is a problem of common interests and, therefore, action against drinking is a responsibility of both society and the individual."—**Gurney Nelson, Jr.**, '54, Ohio Wesleyan University, Delaware, Ohio.

"Let us not forget that the alcohol problem involves the complex relationships of emotions and beliefs, personal convictions and social jurisdiction, and that to deal with it effectively is to deal at its heart by striking at the basic principles."—**Joe M. Arasmo**, '52, Wheaton College, Wheaton, Ill.

"During the Civil War days Abraham Lincoln said, 'This nation cannot live half slave and half free.' Neither can we live half drunk and half sober."—**Mark A. Madsen**, '52, Utah State Agricultural College, Logan, Utah.

"It is strange that alcoholism is the only disease where it is considered illogical and unethical to annihilate the cause. To prevent malaria, we kill the mosquito; to prevent a germ disease, we kill the germ; to destroy beverage alcohol, however, is considered an infringement of personal liberties."—**Janice Johnson**, Queens College, Charlotte, N. C.

"Drinking is no longer an individual problem because society, by its very actions in the field of excessive drinking, has in effect, stated that the alcoholic individual, a non-conformist, must conform to the rules laid down by society for the ultimate good of society. Thus, drinking becomes a social problem."—**Raymond Leo McNamara**, '53, University of Rhode Island, Kingston, R. I.

"Am I my brother's keeper? That's an age-old question, but the answer's just the same. We must do all we can to help every individual to live the richest, fullest, most wholesome life possible."—**Wilma Jean Alexander**, '53, University of Chattanooga.

"A present tendency in the United States is to squelch any radicals who preach about or propose law enforcement, prohibition, or any other way to prevent the sale of alcoholic beverages."—**Robert Fiske**, '51, Randolph-Macon College, Ashland, Va.

"On its highest level, the question of alcohol is not a family, town, or state question. In this day, when free nations are threatened by the insidious forces of Communism, we need clear minds and strong bodies to combat forces which aim to take our freedom from us."—**Robert M. Parrott**, '51, Cornell College, Mount Vernon, Iowa.

"One of society's main duties is to stress and to prove that any type of drinker can very easily turn into an alcoholic."—**Betty Shaw**, '51, Nebraska State Teachers College, Kearney, Nebraska.

"America's 50 million non-drinkers should not have to help finance the social costs and handicaps of the 50 million drinkers."—**Janice Stauffer**, '52, Olivet Nazarene College, Kankakee, Ill.

"If the leaders, the outstanding personalities, among young people would decide that drinking is not done, or at least not required, the idea that drinking is necessary for social acceptability would soon become as dead as goldfish swallowing."—**Jane Ewing**, '53, Lindenwood College, St. Charles, Mo.

"We say that society must be broadminded and take into consideration that moderate drinking does no harm to anyone. The fault with this is that even the moderate drinker is a candidate for alcoholism."—**Ilene Lowe**, Johnson C. Smith University, Charlotte, N. C.

"The man who says, 'I have a right to drink,' is like the man who says, 'I have a right to kill.' Neither recognizes that others must suffer as a result of their desires."—**Lynn M. Austin**, '52, Utah State Agricultural College, Logan, Utah.

"If only the person who does the drinking suffered the consequences, the problem would not be so great; the fact is that anyone near the drinker is prey to his abnormalities."—**Joseph A. Clayton**, '52, Utah State Agricultural College, Logan, Utah.

"To counteract the brewers' glamorous advertising, the youth of America should be shown the end results of drinking; mental hospitals, jails, police courts, highway murders, crimes, poverty, and diseases that have developed from the use of alcohol."—**Walter W. Smith**, '54, Olivet Nazarene College, Kankakee, Ill.

"No matter how one looks at the alcohol problem one sees the complex relationship between the individual and society. Not until society sees its essential relationship to the alcoholic can this problem be understood, for the explanation of alcoholism is to be found in both the individual and society."—**Henry G. Regensteiner**, '51, University of Rhode Island, Kingston, R. I.

The 1951 Roberts Editorial Contest

HONORS AWARDED

FIRST—\$200. Walter W. Smith, Columbus, Ohio; Olivet Nazarene College '54, Kankakee, Ill.; "Deglamorizing Alcoholic Drink, A Social Responsibility."

SECOND—\$150. Bryan W. Robinson, Thomasville, Ga.; Davidson College '52, Davidson, N. C.; "John Barleycorn — Whose Bad Boy?"

THIRD—\$100. Annetta Tallyn, Cheney, Wash.; East Washington College of Education '54, Cheney; "Drinking: Personal or Social Responsibility?"

FOURTH (2) \$50. Janice Stauffer, Shelby, Ohio; Olivet Nazarene College '52, Kankakee, Ill.; "It's Up to Us."
Robert M. Parrot, Wheaton, Ill.; Cornell College '51, Mt. Vernon, Iowa; "Alcohol—My Own Damn Business?"

FIFTH (10) \$20. Jane Ewing, Nevada, Mo.; Lindenwood College '53, St. Charles, Mo.; "Whose Responsibility?"
RICHARD SPRAGUE, Poland, Ohio; Baldwin-Wallace College '52, Berea, Ohio; "Drinking: Personal or Social Responsibility?"

GERALDINE WICKMAN, Ashland, Wis.; Northland College '52, Ashland, Wis.; "Drinking Has Become a Social Responsibility."

WILMA JEAN ALEXANDER, Chickamauga, Ga.; University of Chattanooga '53, Chattanooga, Tenn.; "The Dual Responsibility."

CAROL CATHERINE CLARK, Seattle, Wash.; Seattle Pacific College '54; "What Are We Going to Tell Jean?"

GEORGE W. WARSHALL, Butternut, Wis.; Northland College '54, Ashland, Wis.; "Drinking is Both a Social and Personal Responsibility."

RAYMOND WHITE, North Liberty, Iowa; Cornell College '53, Mount Vernon, Iowa; "When Individual Discretion Is Insufficient."

ROBERT W. FISKE, Leesburg, Va.; Randolph Macon College '51, Ashland, Va.; "Alcoholism vs. the Alcohol Problem."

ILENE LOWE, Charlotte, N.C.; Johnson C. Smith University '52, Charlotte; "Alcohol: A Responsibility of Society."

BERT CLARK, Sunman, Ind.; Berea College '52, Berea, Ky.; "Drinking as a Social Responsibility."

HONORABLE MENTION: Hugo Thomas, Roanoke, Va.; Johnson C. Smith University '52, Charlotte, N. C.; "Drinking: An Individual and Social Responsibility."

DONALD GROSKREUTZ, Wells, Minn.; Wartburg College '52, Waverly, Iowa; "Can Men be Taught to Think?"

BERNICE ELIZABETH GEORGE, Central Falls, R. I., University of R. I. '52, Kingston; "Drinking is Our Problem."
 PETER SASKOWSKI, Arundel, Quebec, Canada; Loyola College '54, Montreal, Que.; "Whose Responsibility?"
 LEO E. BENDIXEN, Logan, Utah; Utah State College '54, Logan; "What Are Your Chances?"
 VERNA D. MADER, Grand Island, Nebr.; Nebr. State Teachers College '51; Kearney, Nebr.; "And Your Decision?"
 JANE DILLARD, Columbus, Ga.; Randolph-Macon Woman's College '51, Lynchburg, Va.; "Drinking, Social or Personal Responsibility."
 MARTHA HARRISON, Spokane, Wash.; East Wash. College of Education '54, Cheney; "Make Way for the Wagon."
 CAROL STOCKER, Welch, West Va.; Queens College, N. C.; "Drinking: Social or Personal Responsibility."
 GURNEY NELSON, Jr., Columbus, Ohio; Ohio Wesleyan University '54; Delaware; "Drinking and Action Against Drinking, a Dual Responsibility."
 LOUANNE DIETZ, North Chili, N. Y.; Roberts Wesleyan College '52, North Chili; "Drinking; Personal or Social Responsibility?"
 CYNTHIA BUCKLAND, Ashland, Wis.; Northland College '52, Ashland, Wis.; "Alcoholism; Society's Disease."
 MILO S. HADLOCK, Logan, Utah; State Agricultural College '51, Logan, Utah; "The Responsibility of Society."
 NA VEE HARRIS, Taber, Alberta, Canada; Utah State College '51, Logan, Utah; "Drinking: A Community Problem."

ALL AWARDS included an offer of a scholarship to the Intercollegiate School of Alcohol Studies. Cornell College, June, 1951.

THE JUDGES

Dr. Joy Elmer Morgan, editor of the *Journal of the National Education Association*, Washington, D. C.
 Dr. J. B. Price, professor, Millsaps College, Jackson, Miss., teacher of a college course in alcohol studies.
 Mr. William M. Hearn, public relations director, Louisville, Ky.

CONTEST SECRETARY

Edwin H. Maynard, Chicago, Ill.
 Assistant: Dave Alkire, Ohio State University.

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THE LIQUOR CULT AND ITS CULTURE

By Harry S. Warner, L.H.D.

Author of *Social Welfare and the Liquor Problem*, 7 edits.;
A Modern Approach to the Problem of Alcohol; Member,
Yale School of Alcohol Studies, '43; Lecturer, '44, '45.

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INTERCOLLEGIATE ASSOCIATION

12 N. Third St., Room 522

Columbus 15, Ohio

THE
INTERNATIONAL

NOVEMBER,

1951

STUDENT

In This Number - -

Intercollegiate School of Alcohol
Studies, Cornell College

Findings: Students Ask Education
on Alcohol

Seminar on Campus Problems

The All-Over Human Factor
in the Cult of Alcohol

The Sociological Approach

Popular Misconceptions
About Drink

Merner Hall, Cornell College
Mt. Vernon, Iowa (see page 35)

"Democracy
is something
deeper than
Liberty; it is
Responsibility"



THE INTERNATIONAL STUDENT

November, 1951

Vol. 49, No. 2

HARRY S. WARNER, *Editor*

Program of The Intercollegiate Association

Promote study and discussion of the Alcohol Problem by college students, instructors and alumni in an objective search for truth.

Conduct annual Editorial Contests to encourage study, effective writing, and service by students.

Arrange for qualified students to work with student groups and non-college young people.

Conduct an annual Intercollegiate School of Alcohol Studies for students and their college and intercollegiate leaders.

Make available basic scientific publications of college level for reading and study. Edit and publish specialized monographs.

Provide high grade speakers for colleges.

Extend the circulation of *The International Student* in college communities and among high school teachers.

Cooperate with student leaders and faculty members in an enlarged modern movement toward solution.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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Intercollegiate School At Cornell

MOVED FORWARD IN UNDERSTANDING

THE NEW SUMMER adventure for college students, the Intercollegiate School of Alcohol Studies, held its second annual session June 17-22, 1951, at Cornell College, Mt. Vernon, Iowa. Organized by The Intercollegiate Association with the first session at Otterbein College, Westerville, Ohio, in August, 1950, this short summer school has become a new and vitally creative way of thinking and education for leadership in relation to the cult of alcoholic beverage, especially as the problem confronts young adults—in college and out—these days.

Coming from colleges widely representative of the country, the students who attended represented a cross-section of student leadership in colleges of the southeast, south, north and midwestern states. On the well-shaded hillside campus of Cornell, they gave this mid-June week to a search for understanding of the basic meaning—the facts and consequences, as well—of the drug alcohol in human living, with particular reference to present trends of drinking in colleges and the cultural life of the community; to the influences that make this controverted problem what it is, and to the study and discussion of constructive attitudes and activities. And this was done in cooperation with the resources and experience of scientific and educational specialists especially qualified with knowledge of this field, followed by daily seminar discussion in groups and particular student participation.

The lectures, each accompanied by much questioning and discussion, were related mostly to problems and situations of immediate concern to college students. Among them:

The daily lectures by Dr. Albion Roy King, of Cornell College, on "Basic Information: The Psychology of

Drunkenness" and "Why Men Drink," "Abstinence and Moderation," and "College Drinking and Disciplinary Problems"; the Modern Educational Approach and Program, in higher education and the community, by Miss Vashti Ishee, of the State Department of Education, Mississippi; the first-night orienting lecture, "The Over-all Human Problem of Alcohol," by Harry S. Warner, General Secretary of the Association; three lectures on "The Sociological Aspects" of the problem by Prof. Howard G. McCalin of Furman University and the Christian Action Council of South Carolina; the lecture by Rev. John Linton, Toronto, Canada, on "Orienting the Approach in College and University Situations," and the summarizing address, "The Dialectic of Drink," by Dr. George A. Little, Editor, the United Church of Canada, Toronto.

Continuously and most absorbing were the seminars each afternoon—the small groups of students and one instructor, who analyzed, studied, criticized and worked out concrete aspects, seeking better understanding and application to specific needs. These, each, gave attention to a summary that was presented to the School at the final session. A night session, by the students, on "The Need for Campus Action," their constant participation in discussion and planning, the chairmanship of Stanley F. Knock, Jr., of Yale, and the secretarial activity of L. T. Hathaway, Jr., of Randolph Macon, Ashland, Va., and the recreation periods gave full expression to the student leadership policy of the school. A certificate was awarded each member of the School at the closing session.

It was the opinion of all attending that another School should be held in 1952. At a business meeting of The Intercollegiate Association following, five students, nominated by the School, were elected to the National Council—Miss Esther Armstrong, Cornell College, Iowa; Ralph Fleming, Jr., Duke University, N. C.; K. E. Graham, Millsaps College, Miss.; Donald A. Groszgreutz, Wartburg College, Iowa; and Wayne A. Meeks, University of Alabama; also, Dave Alkire, Ohio State University, on nomination by the Council.

Findings Of The Intercollegiate School

ASK MORE EDUCATION

CENTERING ATTENTION on the problems of alcohol as they press on college life today, rather than the larger question of Alcohol in the life of the nation, and on what can be done in the college situation of today, the Findings of the Cornell Intercollegiate School were summarized, at the close of the session, as follows:

I. The Need

There is a real need and occasion for a serious attempt to understand and seek to solve campus alcohol problems. As evidence of this need of a program of study and action, the committee of the school, listed the following: An increasing amount of social disturbance and vandalism on college campuses; increasing dependence upon alcohol among students, both personal and in social groups; a lowering of moral standards; problems of campus discipline; an increasing demand for personal counselling; and community pressure on college administrators to correct behavior disturbances.

What can be done to fulfill this need? Two main approaches are here outlined; the two are not to be taken separately but together as two aspects of a solution of the alcohol problem on college campuses. They are: The curricular and the non-curricular.

II. The Curricular Approach

While this approach should have faculty initiation it should and must have definite student support. Its purpose should be to meet the need of the students for objective scientific data on alcohol and alcoholism.

A. What the faculty could do.

1. Observe what the student need is.
2. Decide how best it can be met for each institution.
3. Provide one over-all course in a given department—religion, psychology, sociology—with personnel from other departments supporting and participating.

4. See that relevant data on alcohol is included in courses in many departments.
5. Combine 3 and 4.
- B. What the students could do.
 1. Observe what the need is and where;
 2. Sell the faculty on the idea that there is a need.
 3. Work with the faculty on a survey.
 4. Interview faculty members and find out what information in this field already is in the various courses.
 5. Tabulate the results and talk with the faculty committee on curriculum about what should be done.
- C. If there is a specific course in the field.
 1. Standards and qualifications.
 - a. For teachers
 - (1). Adequate training
 - (2). Variety of personalities. (Rapport between students and faculty is especially necessary in this field.)
 - b. For the course
 - (1). Good books; the most recent and worth while
 - (2). Movies
 - (3). Film strips
 2. Students should elect the course or
 3. It might be a required course.
 4. Credit should be given only on completion

III. Non-Curricular Activities

Its purpose should be to seek related social actions and outcomes. It should aim to replace present manifestations of dependence upon alcohol by more wholesome programs.

- A. The approach—should be to gain student recognition of the problem.
- B. The development
 1. Observation
 2. Study
 3. Expanded activity through existing organizations
- C. Methods of expansion
 1. Group study—supplemented by student opinion polls upon prepared lists of objective questions
 2. Speakers—from AA, college and university staffs et. al.
 3. Chapel programs
 4. Through Pan-Hellenic councils
- D. Coordinating agencies for this effort
 1. Campus Christian associations
 2. Student councils

The curricular approach should point to main objectives. It should supply scientific data which are the background and which suggest and lead on to social action. The non-curricular approach is a strategy seeking change within the individual and within his social milieu. It proceeds from the scientific data available and to be studied.

The Problem In The Colleges

By Albion Roy King

THERE ARE two factors in the problems of college drinking that have particular meaning to the situation of today. These factors give us more concern than do the statistics of drinking. They are, (1) the pride with which drinkers commonly consider their habit; (2) their emotional resistance to serious study of the alcohol problem.

Moderation propaganda seems to have taken the colleges, for the time being, at least. The "Man of Distinction" preachment cultivates a dangerous form of pride. It represents a kind of virtue in it. It greatly exaggerates the virtues of a drink or two. This pride afflicts, at its worst, those who have taken up drinking out of their previously 'dry' tradition. It is largely a surface pride, however, a matter of creed rather than practice. The greater part of college drinking is moderate drinking, but there is also far too much heavy drinking.

Does a Philosophy of Moderation actually rule the campus? If so, there must be, also, (1) a well grounded philosophy of life, and (2) a set of social sanctions against excess. But examine the situation as it is. Actually, in many places, a premium is being put on excess. For there are students everywhere who find difficulty in their effort to achieve recognition in the normal patterns of competition. From these come the "problem" people who seek to achieve the results they want by their excesses in drinking.

The pride with which drinkers frequently consider their habit cultivates prejudice and renders a person unteachable. This attitude accounts for much of the cynical resistance that prevails toward all efforts of education on this problem.

A condensation from his lecture on "College Drinking and Disciplinary Problems" at the Intercollegiate School of Alcohol Studies, June 21, 1951.

An enlarged discussion by Dr. Albion R. King, appears in *The Christian Century*, Chicago, in two articles: "Alcohol in the Colleges," July 18, 1951, and "College Discipline and the Drink Problem," July 25, 1951.

In the college situation there are historical changes that must be noted. There was a time, within my own memory, when going to college was a privilege chosen by those who wanted to improve themselves and their status in life. Now a college education is regarded as a right and is demanded by all. There is a resistance to all admission standards except that of scholarship, and this is accepted largely because it enhances the ego of those admitted.

Parallel with this there has been a shift in the dominating culture from rural mores to those of the city. Can the non-drinking tradition of the colleges of the past be preserved while passing through this change? Yet, it should not be overlooked that about half of the population do not drink; and they refrain on principle. They have a natural right to seek patterns of education that are free from the dominance of alcohol and alcoholic culture.

Here a distinction must be made in types of schools, especially between those that have public support and the private institutions; size, also, makes a difference. If alcohol is to be restricted or abolished, there are certain procedures that should be followed:

First, this attitude of the college must be clearly stated in its recruiting literature. This requirement should appear in application forms. No college with restrictions regarding 'drink' need fear losing its public. And not all students that come out of drinking traditions are a poor risk.

Second, the rules must be administered adequately and impartially.

There are also related problems to be taken into account. Among them:

(1) The creating of a set of standards or sanctions within the campus community itself. Disciplinary threats are not enough; they complicate the problem. Student participation in the government of the campus will help. Faculty attitudes are decisive and the faculty, even more than the student body, should be recruited with these standards in mind.

(2) The educational approach of the college to the problem: Disciplinary measures taken by themselves may

contribute to the cynicism of the students. That makes any education difficult. The first responsibility of the administration and of the faculty is not discipline—but to find ways, through the curriculum, to create an understanding of this problem. The development of better and more objective methods in the educational approach will help to do this.

(3) The counselling service of the college: The question comes, can counselling be so effective as to render discipline obsolete? Certainly, a good counselling program will channel the problem student into that service well in advance of any break that calls for discipline. Much improvement may be made at this point—and apparently is needed. For many of the students attending this conference seem to be very critical of the counselling service now being given at their colleges, and especially about the way it functions in regard to alcoholic drink.

Seminar On Campus Problems

THE INITIAL discussion by members of the Seminar brought reports of situations and regulations at Ohio State University, State University of Iowa, James Millikan, Macalester, Cornell, Goshen, Nebraska Wesleyan, Duke University, Wartburg College, and the Canadian colleges and universities visited by Dr. Linton.

The following questions emerged for the discussion:

1. Should rules about drinking be changed to meet changing folkways?

2. Is a rule against drinking to be understood as the statement of an ideal which the college community hopes to achieve, or is it a minimum requirement for residence in the community? Much confusion appears from this ambiguity. The question reflects the basic difference between the "moral law" and the legislation of governments.

3. Should enforcement of campus rules be strict, even to the point of a police system?

4. It was generally recognized that lack of information on the part of students, both about the rules and about

the problem of alcoholism in general, is basic to the problem. How is this information to be achieved in the community?

The discussion brought the following **agreements and conclusions**:

1. Most of the students agreed that rules should be taken as minimum requirements for residence. All agreed, however, that expulsion is too drastic for first or second offenses.

2. All agreed that problem students should be treated as individuals and that counselling is needed in most cases. Criticism of the counselling services available at the colleges was general. Much improvement is needed in this area.

3. The majority seem to hold that rules should be strictly enforced.

4. All agreed that the college should resist the tendency to succumb to changing folkways. As one student put the matter, "The university stands in the Christian tradition and we have a higher duty than to follow the folkways."

The discussion of the problem of getting information and understanding of the problem brought out the following points:

1. Student advisers of freshmen are valuable.

2. Orientation lectures by faculty and officials are important but not adequate by themselves.

3. The Goshen College "Week of Emphasis on Alcohol Education" was reviewed as a sample of such programs. It began with a talk by an AA and ended with a day of lectures and informal talks with a visiting professor.

IT HAS been estimated that at least 50,000,000 Americans are social drinkers.

But that still leaves 100,000,000 who are not. And among the drinkers, most of them are simply stampeded, like sheep, by modern customs.

People who quickly use liquor or cigarets are afraid of group ostracism. They are desirous of social approval. . . .

The tragedy in America is that college students, who should be setting a pace for the rank and file, are so easily stampeded.

On the campus, surrounded by their own age group, and without the practical gumption of the home folks, the youth stampede like a flock of sheep.—George W. Crane, "The Worry Clinic."

The All-Over Human Problem

IN THE CULT OF ALCOHOL

By Harry S. Warner

THE VAST SIZE and meaning of the movements of our day continually challenge us. They are so near to us, yet hard to understand however serious in reality. We speculate and question, but really know them only as they come to us in particulars; the conflict in Korea, the communist agents at home, the profiteering hangers-on of public leaders.

Thus, to many of us who care, stands the question of alcoholic drink today. Years ago, with the dawning of our earlier desires "to do something," we experimented in realistic, rugged ways, with many of the practical, near-at-hand problems and consequences of the basic fact of "Liquor" in Human Living. As a result of limited but direct observation we naturally seized upon certain aspects as the whole problem—even we of the American college community. For, as always—

"There were six men of Indistan,
To learning much inclined;
Who went to see the elephant—

The first, "to satisfy his mind," contacting his side, discovered a wall; the second, seizing his trunk, identified it as a spear; the third, his leg as a tree; the fourth, his tail, as a rope. Each to a minor degree followed a scientific method, observed, specialized, yet—failing to see the elephant.

"Continued stiff and strong,
Each in his own opinion still;
Though each was partly in the right,
And all '— to a degree—' in the wrong."

High specialists in research have been giving us from university resources, in recent years, a wealth of vital knowledge regarding many of the aspects of beverage alcohol; much of it is being brought out by our own

Written and condensed from a lecture at the *Intercollegiate School of Alcohol Studies*, Cornell College, Mt. Vernon, Ia., June 18, 1951. Dr. Warner is Editor of The International Student and General Secretary of the Association.

highly qualified experts in our Intercollegiate School this week. There is a mass of information now available that has been accumulating through the years, much of it highly specialized, none of it wholly "in the wrong"—just partly "in the right."

That situation prevails to a far greater degree, outside the college, throughout the nation. For the many efforts to understand and solve "the problem of drink" in the 150 years of **particular awareness** to it in Europe and America have come naturally out of rough experience in trying to reduce individual drunkenness and its family and social consequences. The conception of what the problem is, the many divergent, sometimes conflicting efforts that have been made—or are being advocated today—were fostered in the first place by an earnest desire "to do something," to help remove an overwhelming burden of drunkenness and degradation of human decency.

Opposite Historic Trends

For centuries preceding this 150 years of definite effort to reduce intoxication and its consequences, and especially during this period, there has grown up in the culture of Northwestern Europe and North America **TWO BASIC TRENDS** that are strongly divergent: The one seeks to restrict and reduce, the other to enlarge and retain the historic place that the drug alcohol has occupied since the savage days of the human race. At present, in the United States and Canada, these trends are about evenly divided in population support. With fundamental differences in motivation and direction, they have acquired background philosophies and much strong reasoning, each of its own, during the centuries.

But between these two, there are always many people who do not accept either attitude. They are unaware of the problem, or do not regard it as important; they just take things as they are. Some of them face the drunkenness that confronts them; some, its social burdens and danger; its economic cost, its political complications, its moral implications. But generally in very recent years the attitude of this group is one of cynical indifference—"let the 'wets' and 'drys' fight it out." They are ignorant

of the growth of knowledge in this field; they do not see the basic human reality of this problem in modern society. It is to this section of our citizenship that the appeal to study, to understand, to re-orient their thinking and utilize the vast amount of new and tested knowledge now available, should now be made. For progress toward solution, no less than responsibility for civic and moral action, is largely in their hands.

But in this decision-making group there are many definite points already known at which alcohol affects their lives. These aspects, to them, are the problem—but are they?

What IS The Alcohol Problem?

Among the recognized but partial aspects of the popular use of the drug alcohol, there are some that stand out today, each as a great problem in itself. Each is real to some substantial part of our public, and is regarded by them as basic. For study, note the following:

1. **The Drinking Driver**—and pedestrian. In this age of the automobile and speedy travel, the danger brought by liquor into traffic, is obvious. The National Safety Council reports that there are 55 accidents for drivers under the influence of alcohol to one for non-drinking drivers. The danger is greatest among the drivers and pedestrians who have had “only a few drinks”; the heavy drinker sometimes is aware of his incompetence, sometimes restrained by his fellows from driving or jay walking. The hard reality of public and personal danger thus brought into popular travel, can be overlooked by no one. It results in an annual casualty list that can be compared only with war; double holiday week-ends, with a great battle. This slaughter is **created danger**, created and voluntarily accepted by those who drink when driving.

Thus “the drinking driver” has become a symbol of the total inefficiency and danger to life, limb, health and job, that the anesthesia of alcoholic drink brings into modern transportation, industry and the daily living of the millions.

2. **The Street Drunk**. It is a very human fact that thousands of men and women, some of them quite young,

are arrested daily and taken to jail or steered to their homes, by the police, to "get them off the streets," to remove them from the public view—and the sight of other drinkers; to save them from themselves, from pick-pockets, from accidents; to remove the public evidence of their addiction—and that of **just ordinary drinking parties** and celebrations. What to do with them? That is a problem of the police, the judge. At first, and repeatedly, a fine, a few days in jail; later, a long series of arrests and re-arrests, a hospital, a drunk farm, a welfare agent, the Salvation Army—or, for the wealthy, a sanitarium. And he—or she—may be a "peater," for many are alcoholic-sick, either originally neurotic or having become so through their years of drinking. They need a friend, instead of a jail, discharge and re-appearance before a judge the next day, even unto fifty times. In loss of self-respect, neglect of home life, in minor and serious disorders, and in industry these heavy drinkers confront the responsible citizen with a gigantic appeal—as they do the judge and the welfare workers.

3. **The Alcoholic.** Recent scientific analysis has brought to the front a new, or renewed, appreciation of the "human factor" in the social problem of alcoholic drink. It has re-discovered the Alcoholic. It is now seeking to make clear what leads to his being what he is—and why his family, his neighborhood, and the contributing pressures about him continue to open the way to his alcoholism. He, and his inner conflicts, have emerged as products of the complicated and multiple ramifications of the cult of alcohol in human living. **That is a constructive development.** For the popular use of this drug to ease inner tensions and outer frustrations is comparable only with war in its appeal, its inability to solve problems, its destructive force and in the burden of debt in depleted lives it leaves for future generations to pay.

For the number of alcoholics is greater than the number of cancer or tuberculosis patients; it has been increasing in recent years. There are now over 900,000 confirmed alcoholics, seriously ill, unable without aid to quit their excesses; their lives are disorganized, they are a burden

to their families and a greater burden to themselves. They need friends—yet, their drinking society seeks to evade them, leave them to the police, the welfare agencies and the Good Samaritans among the non-drinking and religious groups. These alcoholics come from all the walks of life, high and low, educated and without that privilege. The United States has now 3,952 per hundred thousand of the population—a higher percentage than has France, Sweden, Switzerland or Denmark. (See page 57.)

The A.A.'s, the Salvation Army, the Yale clinics, the psychiatrists and counselling pastors are already doing a fine job in helping to re-habilitate those alcoholics who are ready to cooperate **-to quit drinking**, acknowledge that they are unable to manage their lives, and to accept the help of a divine power—one "higher than themselves." But the great majority of these alcoholics, and many, many of the 3,000,000 heavy drinkers not so classified, never do and never will be returned to normal living; they will die inebriates. And the number of them is increasing, in spite of jails, clinics, hospitals, religious conversion and the friends who want to help them.

4. **This "Sick Man" and the Public.** The recent designation by high medical and health experts of the alcoholic as "a sick man" has caught attention in the little-interested public. When confronted with alcoholism as an illness, and its victim as "sick", the realities "come home" to some who hitherto have been indifferent. This conception brings a meaning that is more acute to the average public than the one that is conveyed by the words "temperance" and "intemperance." For these reasons: (1) It gives the average citizen a vastly more serious appreciation of drunkenness than he has had; (2) it brings to him new hope, based on a parallel as to what he knows and hears frequently of the great advances being made in matters of public health.

And it brings to the public an additional requirement to study more carefully into the personal and cultured conditions and pressures, into the various and complicated sources, that have created the total problem of alcohol. For scientific information recently has made it clear that

some of the men and women who have reached the stage of addiction, or are on the way to it through "excessive drinking," about one half, have emotional instabilities, feelings of failure, frustrations, fears, that have made them from their first drink more quickly susceptible than others to alcohol. But it has brought out, also, that the other half or more have come to that stage through years of heavy drinking, through drinking voluntarily acquired at first and so continued—through social drinking. But the new fact of "human appeal"—and humane—is that, whether "sick" when they began, or whether on account of the way of life they have chosen, they are seriously ill when the stage of compulsive drinking has been reached.

To place the 900,000 alcoholics who are now in that situation, side by side with the 700,000 tuberculous patients and the 600,000 known victims of cancer, even with other factors that need to be taken into account, is to give to alcoholic sickness a reality of deadly significance.

And most vital, in thinking of alcohol as a disease, instead of mainly a dereliction, as was done to a large degree in the past, is to recognize its depressing effects on the functioning of the brain and central nervous system. The brain is the seat of all that is highest in man, in the growth of the human over the animal; of intellect over body; of spirit, and the capacity to be spiritual, over the material. That has basic meaning to all men.

Yet even before such indulgence as is properly called excessive has been reached, mental activities are depressed, anesthetized, to a degree that can not be regarded as healthful. And largely because the feelings it yields, the euphoria, the sense of release and personal freedom, are so desired that more is wanted—a habit acquired, a tendency to increase—until the danger line, always unknown without experience, has been crossed. After that the desire to cross again may itself become habitual.

Recognizing alcoholism as a matter of public health, gives to the total problem of alcohol in human society a new and decisive place. With tuberculosis, cancer, syphilis, mental disease and infantile paralysis receiving

(Continued on Page 52)

Sociological Approach To Alcohol Problems

By Howard G. McClain

THE DRINKING of alcoholic beverages is one of the folkways of contemporary American society. We cannot understand such a widespread pattern of social behavior, however, without recognizing its relationship to the whole of our society.

Social and Cultural Roots

There are many social and cultural sources for the folkway of drinking in our society. Historically considered, we find that it was brought to our country as a definite part of the culture of the early settlers. This is illustrated by the fact that as late as the early years of the Nineteenth Century Lyman Beecher found that most of the ministers assisting in his ordination to the Christian ministry were disgustingly inebriated. A recent report from New England also indicates that some Italian families still make their own wines, so thoroughly is the family pattern related to the use of alcoholic beverages.

There are many mental traits in our culture which condition and reinforce the drinking folkway today. Certain general traits, like individualism, lead many people to feel that they can do whatever they want regardless of the consequences to themselves or others. This is frequently the rationalization given for drinking. There are certain special traits related to drinking itself. We find quite widespread the cliché that a person ought to be able to "drink like a gentleman." And sometimes one hears the statement that "anyone's crazy who drinks before 40 and a fool who doesn't drink after he's 40."

Certain material elements in our culture tend to strengthen and reinforce this folkway. This is certainly true of advertising, with its exhortations that "beer belongs." The remarkable development in techniques of

Condensed from a series of three lectures by Howard G. McClain, recent Professor of Sociology at Mercer University, Macon, Ga., now director of the Christian Social Action Council of South Carolina, Columbia.

merchandising have resulted in the fact that over 50% of the beer in our country is sold through grocery outlets.

Certain aspects of contemporary society also seem to be especially conducive to encouraging the use of alcoholic beverages. The fact of urbanization—that increasingly people are living in or near great cities—is one such characteristic of our society. This means that so many people have such superficial contacts with so many other people and that helps to create an “emptiness” in human relations that is often supplied by drinking. Such contacts provide more opportunity for more people to learn the way of life of which drinking is so integral a part. Thus we see that the use of alcoholic beverages is a long established and traditional part of our culture and the “satisfactions” which come from the use of such beverages are reinforced and strengthened by certain mental and material aspects of our society and culture.

Social Problems

It is frequently suggested that it is a miracle that no larger a percentage of our population uses alcoholic beverages since there are so many historical and contemporary “pushes” for doing so. Nevertheless, the present extent of drinking has created many social problems—problems not only for those who are personally involved in addicted drinking, but also the whole community and nation.

Alcoholism, or the excessive use of alcohol through compulsive drinking, is a major health problem today. Alcoholics and those who sometimes drink excessively are responsible for a decrease in industrial efficiency. It is being estimated that alcoholism alone is costing industry a billion dollars a year.

Family problems are frequently related to the use of alcoholic beverages. Because of the intimacy of family life it might be expected that the members of the family would be the first to be affected by regular and excessive drinking. The experience of some domestic court judges is that cases which involve drinking are frequently the most difficult ones to aid.

As great as are the present problems connected with the folkways of drinking there is also the possibility of

social changes which can ameliorate, or to a large extent eliminate, them. Social change is a characteristic phenomenon in the history of a society but it always comes slowly.

Social Change

The potentialities for social change in the drinking folkways, as of the present, include the increased understanding of alcoholism through such groups as Yale School of Alcohol Studies and Alcoholics Anonymous. Also there is a fact that large numbers of people are not users of alcohol and many are positively concerned that situations be changed. There is the further fact that nearly all Christian denominations are concerned about some phase of the alcohol problems. These churches located in the thousands of communities throughout our nation could have a very real effect in the promotion of education and action programs for solutions.

Another important fact to keep in mind is that since alcoholic beverages are not an essential element in our society the social dislocations and changes that would fall upon the decrease or elimination of this industry would not seriously interfere with the ongoing of our society.

To summarize, let me point out that drinking is a folkway in American life, which must be understood as a widespread and increasingly characteristic part of our culture. It can only be understood in terms of its relation to the totality of our society and its culture. Within our culture and society there are many elements that encourage and "consolidate" it. Nevertheless, there are many problems in our society—of widespread social significance—that are directly related to this particular folkway. While there are numerous influences which tend to further establish it in "our way of life" there are also numerous indications of and means toward a basic change in our society that would tend to eliminate or greatly limit its practice. Such a change, which could be achieved without extensive dislocations in any important aspect of our society, is dependent on certain social values—which values are essentially **democratic** as related to responsible participation as citizens and **Christian** with regard to concern for our fellow man, our society, and the goals of the Kingdom of God.

THE ALL-OVER HUMAN PROBLEM

(Continued from Page 48)

competent medical attention, as Dr. Wilfred Overhosler, head of the national hospital in Washington, said, "We now have alcoholism as the greatest public health problem of the present time that is not being systematically attacked." But, it should be added, since this statement by Dr. Overhosler, a real beginning has been made in their direction.

5. The Ambivalence of Alcoholic Pleasure: Deeply entrenched in the traditions, mores and customs of a substantial part—perhaps a half—of our modern social living, the satisfaction that alcohol gives, has from its earliest days, carried with it a sense of concern, a questioning by the more observant of how it produces that satisfaction—and of serious consequences. Dr. Abraham Myerson of Harvard, has given a new scientific insight by his use of the term, "ambivalent"—that its pleasure is something that men desire, and at the same time greatly distrust, or despise.

But the drink cult is here, in much of modern culture, by tradition and custom; it is being enlarged by fashion and economic promotion. It is strongly prevalent in certain social, and nationality groups—in the "upper-uppers" and those who climb to be among them; more widely yet among what are called "the working classes"; and most significantly, in a cross-section of almost every sociological classification of people that has been made. It is most influential when made prominent by the groups that are themselves in positions of influence. The use of this "pleasure substance" for social occasions, and for just every-day relaxation and release in various groups, has the cultural approval and prestige of many in these groups. Yet, all through the years, the questioning has been growing; approximately one-half of American culture—and social practice—has freed itself from the tradition. Many of those who have broken from the past, are totally abstinent on principle. Approximately one-third of our present population never drink, and many others limit their use to rare occasions and do not hold

it as important. They would readily give it up if not socially pressed.

Thus the cult of alcohol stands today, a divisive social issue. The question now comes: Can it withstand further analysis? Can it face the implications of full scientific research? Can it free itself from the personal and social burdens that are found wherever alcohol is largely used? My impression is that it can not—that it is an outgrown cult in modern culture, and should be set aside to give place to the satisfactions that it has displaced in human living.

The historical tradition of alcohol enjoyment is a basic source of the problem today. It should have a large and meaningful place in the educational and other programs that make toward understanding and realistic solution.

6. Social Customs as Initiating Agencies. The automatic acceptance of traditional drink customs, in the home, or the social group, the tavern, the formal dinner, or road house—and the pressure of these customs through suggestion and direct imitation, are the forces that initiate drinking among young people. The first drink occurs, almost always, between the ages of fifteen and twenty-one, as youth emerges from his individualistic to his socially conscious years of experience. The beginning comes as he seeks a place of acceptance in his own group and generation—it is a powerful force, if his group has drinking patterns. His motive is, “to be like others,” not to be different. The social pattern of his community is a continuing factor; it is basic, whether it is an alcoholic-pleasure pattern, or any other. For the social pressures and practices of those in position to exhibit prestige, are far-reaching. Without their knowing why, the patterns of social drinkers, and their sanctions of the custom, spread out and are accepted by younger and lower-position people of all ages who seek advancement, to become members of the groups they imitate.

It is then a basic part of the modern approach to the problem of alcohol to study the influence of social customs that have come largely from tradition. Why should not the fashionable drinking of the elite be frankly examined?

And especially, for what it means to others? What have the cocktail hour, the high wines of official dinners, the drinking of the prosperous, and the deeply established mores of semi-foreign nationalities, to do in the creation of our 4,000,000 alcoholics? **With the spread** of this great mass of PUBLIC ILL-HEALTH?

For practically all drinkers, moderate and excessive alike, even the addict whose personality is his chief trouble, had their beginnings in a social group, in their younger less-knowing years. And for some, at all levels of daily living, the habit of looking to alcoholic anesthesia, for what it gives – or in illusion seems to give—continues to grow and can not—or IS NOT—broken until it dominates their lives. The social customs, therefore, and the literary writings that for ages have exploited the mild stages of euphoria and intoxication for social enjoyment, obviously are a part of the total problem. They have become a sort of social sieve that screens out those who are susceptible to alcoholism, and starts them on the road which often ends in the stages of drink at which choice is no longer possible.

Among all frequent-drinking groups, this sifting process is going on: First, the younger people with personality deficiencies; the immature who never know “their limit”; second, and continuously, among those who for any reason or none, can not, or do not want to keep their indulgence below their safety line, a line that they can not know until they have crossed it. Then, too often, they do not care to observe the line.

7. **To Control and Regulate** the production and distribution of alcoholic products is always a difficult undertaking in law and government. The history of attempts to find a way to do so is crowded with failures—from the first license acts in England, three hundred years ago, to the 21st Amendment in America. The difficulty of control is illustrated by the great variety of legal systems that are being tried in the various states at present—license systems, strict supervision, supervision not so strict, state monopoly sale, local option, limited prohibition, legal banishment, extremely high taxation, and prohibition—all

have been tried, and doubtless will be again. Yet the blighting of men by alcoholic excess continues. It is acknowledged readily by friends and opponents of most or all of the measures so far seriously undertaken. The basic difficulty, using the words of Dr. Myerson, is the "ambivalent" satisfaction—the sense of pleasure combined with degrading results when used without restraint—results that are inseparably connected. This fundamental observation was made centuries ago by the Austrian sociologist, Francke, who noted the major influence as one of morals, substantiating the earlier Hebrew prophets, and many religious leaders, philosophers and writers through all the years since, to the present-day sociologist who says that alcohol gives what many want, 'something of the sewer.'

Thus, in general the public both wants alcohol and rejects it—wants it for its 'kick'—rejects it because it appeals strongly to the immature, the emotionally unstable, the mal-adjusted—the "off-side" hours of all of us, our periods of "let-down" from aspiration and ideals—to the frailties of human nature. Thereby it brings millions into the well-known degrading stages of drunkenness, inebriety, alcoholism—and the social and economic loss, as well as moral slump, that such degradation implies.

Commercialized by a great industry that employs the most highly developed techniques of modern market promotion and advertising, and that **cannot, if it would,** limit its market to those who never "abuse" the anesthetic—or narcotic—appeal of their product, the traffic in this drug has become, in large part, an industry that exploits for gain the "kinks" in human immaturity. For, as Dr. Andrew C. Ivy, high medical expert and Vice President of the University of Illinois, said alcohol "is the only degrading drug being advertised today."

There are, of course, everywhere men who are ready to supply, either legally or illegally, socially approved or socially condemned, large quantities of any brain-depressing agent—whether the quick-acting narcotics, opium, morphine, marijuana, or the milder anesthetic, alcohol,

for drug pleasure in response to call and cash. This is one of the biggest of all the problems of alcohol, especially, since it is given social approval by a large part of public opinion. No list of the specifications of the "drink" situation is complete without it.

The Problem of Alcohol

The problems so far discussed are prominent aspects of the alcohol cult. There are many others. But no one of them alone is the whole problem. As Dr. E. N. Jellinek said at the First Yale School of Alcohol Studies, there is the Problem of Alcohol—as well as the Problem of the Alcoholic. When seeking understanding all aspects should be taken into account, they are parts of the main problem. They may be taken together, or separately, for study. They must be taken separately by specialists for effective action toward solution. But they should be coordinated—and understood as parts of a whole—in forecasting programs of solution, as well as in education, in the future. For the experiments of the past have not been failures—just activities limited to particular phases.

For a basic undertaking—and constructive service—there are **Three Main Sources** that should be taken together:

1. The disturbed personality; native, childhood—made, or created by years of drinking and the coming of life-crises;

2. Social acceptance of the drink tradition, already outgrown by nearly one-half of current society—the tap-root that goes deepest into the past;

3. Exploitation of the drug desire of alcohol, once it has been started, and its enlargement for commercial purposes.

These sources produce the various drink problems of today, personal, social, economic, legal, moral. They may be analyzed, separated for study and active service, but they must also be synthesized, coordinated for any real understanding and for parallel educational or other advance. Together they are one—the toxic action of alcohol in human living—a drug, rather than a temperance problem.

Alcoholism Increasing Sharply

AS THE USE OF DRINK SPREADS

IN 1940 THERE were 40 million users of alcoholic beverages in the United States. This number by 1948 increased to 67 million drinkers. This increased drinking has brought about a sharp increase in the number of alcoholics and will continue to do so unless the trend is changed. From 1940 to 1948 there was an increase of 30.5% in the number of alcoholics. It is estimated that there are now about 4 million male and female alcoholics in the United States, and over 2 and a half million excessive drinkers. Nearly 7 per cent of adult American males, and 1.1 per cent of adult women are alcoholics. During this 8-year period there was an increase of 35.1 per cent in the number of female alcoholics.

The United States Among Other Nations

The United States has 3,952 alcoholics per hundred thousand population.

France has 2,850 alcoholics per hundred thousand population.

Sweden has 2,580 alcoholics per hundred thousand population.

Switzerland has 2,385 alcoholics per hundred thousand population.

Denmark has 1,950 alcoholics per hundred thousand population.

Chile has 1,500 alcoholics per hundred thousand population.

After studying these figures can anyone doubt the seriousness of the alcohol problem in the United States?

—Information Bulletin, Wayne W. Womer, Ex. Secy.

THE MORAL PROBLEM is in the beginning of social drinking. Even if the social drinker never becomes an alcoholic he supports a trade which exploits the weakness of men—and this is social sin.—Dr. Warren Carr, speaking at the Collegiate Seminar on Alcohol, University of South Carolina, May 5, 1951. —

As you know I am deeply concerned with this problem of alcohol, a growing problem in our colleges and high schools. . . In my class on American Social Problems I take some time to deal with it.—S. Ralph Harlow, Smith College.

Popular Misconceptions

ABOUT ALCOHOL

Compiled by H. H. Hill

1. **MISCONCEPTION:** Alcohol is a stimulant in the human body.

FACT: "Alcohol in whatever concentration, on whatever tissue, under whatever circumstance is always and inevitably a depressant."—Dr. Haven Emerson, Columbia University.

2. **MISCONCEPTION:** Most alcoholics come from the lowest social strata.

FACT: "Most of the true alcoholics are in the middle or upper income brackets. No more than ten percent are the 'skid row' type and some of these were once successful men in various walks of life."—Mrs. Marty Mann, Executive Director, National Committee on Alcoholism, New York City.

3. **MISCONCEPTION:** Only people who are mentally unbalanced or socially maladjusted become alcoholic.

FACT: "Sixty per cent of the inebriate population come from entirely normal origin and only in the course of drink."—Dr. E. M. Jellinek, Yale University Summer School of Alcohol Studies.

4. **MISCONCEPTION:** The craving for alcohol is inherited.

FACT: "Is the craving for alcohol inherited? If we wish to take advantage of technicalities, our answer would be 'no it is not inherited.' We could make this answer because abnormal drinking and the craving for alcohol are acquired traits and acquired traits are not inherited. If, however, we phrased our question another way it would perhaps express more clearly what the reader has in mind on the subject and the answer would be different. To the question, are the children of alcoholics more apt to become alcoholics themselves than are the children of temperate parents, the answer is definitely

From *Making Alcohol Education Effective*, A 1951 Manual for Teachers, by H. H. Hill, Director of Education, Washington Temperance Association, Seattle 1, Wash.

'yes'."—"Alcohol, Heredity and Germ Damage," Laboratory of Applied Physiology, Yale University.

5. MISCONCEPTION: Strong exertion of the will-power will assure the drinker control of his drinking habits, thereby making him immune to alcohol addiction.

FACT: "No human being may be considered as immune to addiction." — Dr. Robert Fleming, Harvard Medical School.

6. MISCONCEPTION: Alcohol will provide body warmth for the individual exposed to cold.

FACT: "The warmth is of sensation only; there is no increase in the rate at which heat is produced in the body but, because of the greater flow of blood to the skin there is an increased loss of heat. There is thus no truth in the common belief that a drink will 'warm up' a man who has been chilled by exposure."—Dr. H. W. Haggard and Dr. E. M. Jellinek, Yale University.

7. MISCONCEPTION: Alcoholic drinks provide an excellent means of cooling off on a hot day.

FACT: "Taking alcohol before undertaking any exertion in the heat of the day definitely predisposes to insolation (sunstroke)."—Dr. Haven Emerson, Columbia University.

8. MISCONCEPTION: Alcohol is an effective medicinal agent in treating colds and snake bites.

FACT: "Contrary to widely held popular belief, alcohol has no curative action for snake bites, head colds or shock."—Dr. H. W. Haggard and Dr. E. M. Jellinek, Laboratory of Applied Physiology, Yale University.

9. MISCONCEPTION: The principal effect of alcohol is upon the stomach, heart and liver.

FACT: "It is the influence of alcohol in the brain and spinal cord that is the most damaging."—Dr. Haven Emerson, Columbia University.

10. MISCONCEPTION: Alcoholic beverages are vital in the treatment of many diseases.

FACT: "At one time alcohol had a considerable place in medicine as a valued therapeutic agent. Today it has little place."—Dr. H. W. Haggard and Dr. E. M. Jellinek, Yale University.

FACT: "The consumption of alcohol for medicinal purposes has been going down steadily and is still going down. The better the hospital the less alcohol that is used."—Dr. Haven Emerson, Columbia University.

11. **MISCONCEPTION:** The drunk driver is more dangerous than the driver who has had only a drink or two.

FACT: "The really dangerous driver is the man who has had one or two drinks only, who still thinks he is in possession of his faculties, but whose driving judgment has been impaired. On the highways, the moderate drinker is more dangerous than the immoderate."—Robbins B. Stoeckel, Commissioner of Motor Vehicles, Connecticut.

12. **MISCONCEPTION:** Alcoholism is relatively unimportant in the United States compared with other health problems.

FACT: Victims of Cancer 600,000¹
Victims of Tuberculosis 700,000¹
Victims of Alcoholism 4,000,000²

13. **MISCONCEPTION:** Repeal of the Eighteenth Amendment brought an end to bootlegging in the United States.

FACT: In 1949 Alcohol Tax Unit agents seized 154 stills per week, or a total of 8,008, and arrested 8,915 persons for bootlegging,³ and this with 482,033 retail outlets for alcoholic beverages.⁴

FACT: "With repeal it was hoped that the bootlegger would go, but Uncle Sam's battle to put him out of business continues on a large scale with increased federal forces thrown into the fray."—United States News, July 13, 1936.

14. **MISCONCEPTION:** Moderation is the solution to the alcohol problem.

¹Dr. Andrew C. Ivy, Vice President, University of Illinois.

²National Committee on Alcoholism, New York City. (950,000 are reported to be in the chronic stage of alcoholism.)

³Report of the Commissioner of Internal Revenue for 1949.

⁴U.S. Treasury Department.

FACT: Dr. Ivy points out the following assumptions in the theory of moderation:

a. That moderate use of alcohol will not result in alcoholism or create other problems.

b. That the liquor industry by means of advertising will not convert the moderate drinker into an excessive drinker.

c. That it is good economics to spend money for liquor instead of other goods and services.

d. That moderation will prevent driving by intoxicated persons.

e. That moderation has not been taught in the past.

f. That in the past drinkers who became alcoholic did not start to drink in moderation.

g. That consumption of alcohol meets a real need of man and that the drugging of the brain is desirable.

h. That the pleasure which drinking promotes is worth the risk.

FACT: "Distillers insist they want people to drink in moderation, but they can't, or at least do not, tell them how to do it. It is the moderate amount of alcohol that breeds sexual promiscuity, reckless driving, and complacency. It is the moderate amount that breeds loose talk which divulges secrets, leads to insults, and fogs thinking. Drinking in moderation is not scientific and is not factual."—Dr. Andrew C. Ivy, Vice President, University of Illinois.

WHOEVER WISHES ardently to prevent alcoholism will need the heart of a lion, the wiliness of the serpent, and the guilelessness of the dove. He will meet head-on not only the terrific power of tradition and custom, but also the power of great industries as they fight for the sale of a dangerous product—a drug—by advertising campaigns and the corruption of legislatures.

—ABRAHAM MYERSON, M.D., Professor of Psychiatry, Harvard Medical School.

A Bibliography of Publications

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entific and educational information. All-inclusive basic approach to insure steady advance toward solution.

12 copies, \$1.50; 100, \$7.50; one copy, 15 cents

The Alcohol Problem Visualized, National Forum, Inc., Chicago, Illinois. \$2.00

Carroll, Robert S., *What Price Alcohol*, The MacMillan Company, New York, 1941. \$3.25

Emerson, Haven, *Alcohol, Its Effects on Man*, D. Appleton-Century Co. Inc., New York, 1936.

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Hamlin, Howard E., *Alcohol Talks to Youth*, School and College Service, Columbus, Ohio, 1947. 25 cents

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—Martha Kelsey, Union Springs, N. Y.

I think the Intercollegiate Association is doing a wonderful work by creating interest among younger people. I want to congratulate you and those who are working with you on your efforts. In time the results will be great.—Jean Alexander, student, University of Chattanooga, Tenn.

Your February, 1951, issue has just reached me, and I would like to order thirty-five additional copies for use in our high school.—Harold W. Bruce, Principal, Sault Ste. Marie, Mich.

Enclosed find check to cover subscription to the magazine which I read very carefully. Your grasp of the problem of alcohol, and your marvelous ability to express to the world so clearly many most perplexing phases of this subject, is gratifying. I have a great personal admiration for you Harry and think you are tops in this field. —George LaMotte, Chicago and Carlsbad, California, a national leader in A.A.

After reading a copy of *The INTERNATIONAL STUDENT* in the University of North Carolina Library, I have decided to subscribe for two years.—A supervisor of the Army Education Center, Fort Bragg, N. C., June 5, 1951.

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THE
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JANUARY,
1952

STUDENT

In This Number - -

Physiological Factors in
the Drinking Life

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Responsibility of Educators

The Drink Custom in the Home

A Campus View, Victoria University,
Toronto, Ont., Canada (See pages 74 - 77)



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THE INTERNATIONAL STUDENT

January, 1952

Vol. 49, No. 3

Seven Nations Consider The Alcoholic

DR. ROBERT FLEMING of Harvard University, who was in attendance at the Conference of Seven Nations on Alcoholism in Geneva, Switzerland, reported that all attending "spoke the same language" on the following points:

1. Nobody is immune to alcoholism but it develops much more rapidly with some than with others.
2. Abstinence from the use of alcohol is the only solution to the problem of alcoholism.
3. General hospital treatment with its varied facilities gets better results than the psychiatric hospital.

"Most alcoholics are not psychiatric cases," he said, "they are normal people whose drinking has caught up with them."

The Conference was attended by representatives of seven nations, the United States, Great Britain, France, Switzerland, Sweden, Denmark and Yugoslavia. It was sponsored by the United Nations.

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Physiological Factors

IN THE DRINKING LIFE

Condensed from a Lecture

By Andrew C. Ivy, M.D., Ph.D., D.Sc.

IN OUR TEACHING it is important to differentiate between fact and opinion, between fact and interpretation.

Many people know the facts relative to the effects of alcohol on the human body, the social and economic community, and the public health of the community. Yet they do not use these facts rightly. Others ignore the facts, yet others are simply ignorant.

The reaction of different individuals as to a stimulus varies widely. In medicine we find a wide range of susceptibility to the various agents, drugs and diseases, and in the resistance set up by the body in curing itself of a disease. This we call the Law of Variation. Human beings and animals, alike, vary widely in the range of their susceptibility to the effects of alcohol. This fact explains the variation found in the figures concerning the concentration of alcohol in the blood that is required, in different persons, to cause intoxication.

In teaching—or in any effort to understand—it is necessary, first of all, to define clearly the terms we are using. Much of the controversy in this field, has grown out of the different understandings that people have of the terms used. Therefore, I wish to define the word “Alcohol” from the viewpoint of its general effects on the animal or human body.

This article is condensed from notes of a lecture by Dr. Andrew C. Ivy, Vice President of the University of Illinois, at the National Training School of the National Temperance League, at Illinois Wesleyan University, Bloomington, Ill., July 19, 1951. Dr. Ivy is in charge of the Medical and other professional schools of the University of Ill., in Chicago. The notes were taken by Miss Laura Lindley, Research Secretary, Washington, D.C. Miss Lindley was a member of the Yale School of Alcohol Studies, summer of 1943.

Anesthetics

Alcohol is an anesthetic, one of the oldest known to man. The first three discovered are alcohol, opium, and hashish or marihuana. They are **analgetics**, that is, they kill pain. Ether and chloroform are analgetic and **anesthetic**, killing pain and making the person unconscious.

Narcotics

Some drugs have a narcotic effect, that is, they stupefy. In this group are opium and its derivatives, morphine and heroin, cocaine, and marihuana. The barbiturates can become habit-forming. Alcohol is a narcotic, not only in the sense that it is stupefying, but also in that it is habit-forming. It is not known how many doses are required to produce the habit. We do know that 70% of the chronic alcoholics started drinking in their teen ages, and did not become chronic until 7 to 20 years later.

Addiction

Addiction is a difficult term to define. Recently the Committee on World Health Organization gave a definition of habit-forming drug, in contradistinction to a drug which causes addiction. They refer to tobacco, nicotine, as habit-forming; that is, a person can stop smoking without manifestations of violent craving, or psychological, sociological or physical symptoms. Some people may have the nicotine habit so strong that they are restless, if they quit; but they do not have hallucinations; they do not commit crimes or misdemeanors to get tobacco. The characteristic of addiction is that there is an intense craving and withdrawal of the drug produces on the victim definite mental and physical signs. There is no doubt that many of our excessive drinkers have addiction.

Various Systems of the Body

Applied to the skin, alcohol is an irritant in doses of 15% to 20%. At 30% the inner cells of the stomach slough off and small microscopic ulcers are produced.

To the nervous system alcohol is a depressant of the important physical and psychological activities of the
(Continued on page 84)

Why People Drink

A Summary of Latest Studies

WHAT ARE the real reasons why people drink? We must understand these reasons if we are to understand the liquor problem. The reader should recognize that the effort to understand the psychology of drinking is not an attempt to justify or to condemn the drinking. To analyze is not to judge.

To Be Sociable

"A lot of people do it" seems reason enough for many. Most people like to be congenial with the group in which they find themselves. A person may feel more or less conspicuous if he refuses when others are drinking. "Be a good sport" is often used to persuade one who hesitates. Those who do not have strong reasons for abstaining, and lack a strong will, are apt to conform.

No Place to Go but the Beer Parlor

People are sociable. They need a place to go, a place to meet for friendly chatter and social contacts. The tavern has been termed "the poor man's club." It has an air of sociability and gaiety. In some communities the tavern has little competition in supplying a social meeting place.

To Release the Brakes

Most people learn to control their behavior according to the accepted standards of the society in which they live. These restrictions prevent one from "cutting loose"—from behaving in any way he pleases. Some people find that alcohol releases the brakes which they ordinarily apply to their behavior. Thus, under its influence they

This summary of motives is based on *The Alcohol Problem, Visualized*, Chapter 2, a book that makes graphic, with illustrations and charts, the basic factual information regarding the effects of beverage alcohol and why people take to it. The book is thoroughly scientific, yet written in popular and interesting style. It is widely used by high school and other educators. Published and copyrighted by National Forum Inc., 407 South Dearborn St., Chicago 5, Ill., price \$2.25, latest revised edition.

feel less embarrassment at failure to conform to standards. With inhibitions removed, with self-criticism reduced by the effects of alcohol, the drinker becomes "sociable," talkative, funny. He feels "stimulated."

Because They Like It

Some drinkers claim they like the taste of alcoholic beverages. In various parts of the world light beverages, such as beer or wine, are frequently served with meals, as Americans serve tea or coffee. Dr. Clarence William Lieb says, "The soothing properties of hops produce a tonic effect on jaded appetites and on overwrought nerves." People who drink solely for this reason usually content themselves with small quantities of light beverages at meals.

To Get a Feeling of Importance

Almost everyone wants to feel that he is "somebody." But nearly every person realizes that he is, in some ways, inferior to others. Because alcohol dulls the critical faculties it temporarily removes feelings of inferiority. The drinker assumes a new importance in his own eyes. He feels "like a million," though he may not have a dime. This may become a very subtle reason for repeated drinking. The drinker may be quite unaware of the reason.

To Escape Frustration

Frustration (defeatism) has many causes. Feelings of inferiority, superiority, guilt and fear are sources of frustration. Failure is a frequent cause—failure to get a job—failure to hold a job—failure in love—failure of any kind. Many people face their difficulties and solve them. Others turn to alcohol as a temporary escape. It is evident, of course, they will still have their problems to face, and perhaps in a weakened condition, morally and physically, because of their indulgence.

To Escape Bad Living Conditions

Many people do not have decent living conditions. Millions live in houses unfit for human habitation. Great numbers do not have sufficient or satisfactory food. Lack
(Continued on page 80)

Why Study All Sources

OF ALCOHOLIC CULTURE

Editorial by Harry S. Warner

THERE ARE deep-lying traditions and social pressures in the background of the drinking practices and excesses of today. These realistic sources of alcohol problems—"the alcoholic," the "drinking driver," the "rowdy road-house," the renamed tavern-saloon—should now be given their share of attention and study—both objective and critical. The social cult, out of which are coming our 4,000,000 alcoholics and inebriates— and additional "excessive drinkers"—has seldom receive, either in our movements toward solution, or in scientific study and research, the attention that fundamentally it should have.

Coming down from the childhood days of all the racial and nationality groups that make up our modern civilization, this basic source should now be taken into account to an extent not heretofore thought necessary. For it has been highly extolled and emotionalized in much of the literature and folk-lore of the ages; it is imbedded in the mores and traditional conduct of various influential groups; it is accepted without question as a part of daily living by large sections of our "melting-pot" culture of recent years. It is **the tap-root of the alcohol problem of modern civilization.**

From the long historical view, the results of recent and earlier scientific research, and the realistic study of the many experiments of a hundred years in America and Europe to find effective solutions, it seems clear that there are at least three basic sources of "The Problem of Alcohol." All of them must be frankly faced and seriously studied when seeking solutions, or, indeed, any constructive service. None of them can be ignored. As Dr. E. M. Jellinek made clear at the First Yale School of Alcohol Studies, there is "the Problem of Alcohol," as well as "the Problem of the Alcoholic."

These main sources, of which there are many offshoots, may be stated as follows:

1. Immature, disordered and mal-adjusted persons. There are many such people, young and older, everywhere, always. Their deficiencies may have been inherited, or the result of the conditions into which they were born—social heredity; it may be the outcome of unfortunate childhood, of poverty and degraded environment; of inability to face life—problems and the insecurities of their days. Or it may have grown through their years of drinking as a direct consequence of the use of alcohol itself. Accepted as a basic source, personality weakness is being given much attention in recent years.

2. Social acceptance of the drink tradition by one-half or more of current society. This is the tap-root that goes deepest into the past and is most widely diffused, at present, notwithstanding the corresponding fact that nearly one-half of current society has largely outgrown and discarded the tradition.

3. Exploitation of the drug appeal of alcohol, once that desire has been initiated, and its intensive cultivation and enlargement for profit purposes. In the public discussion, literature and efforts toward practical solution, this source has been given much—in some directions major—attention. It is too obvious to be overlooked.

These three sources together produce the various alcohol problems of today, personal, social, economic, legal, moral. They may be analyzed, separated for study and scientific understanding. They should be separated, approached singly and further sub-divided in programs of activity toward solution; for the services of many experts are required; for example, to rehabilitate the alcoholic, those of the doctor, the psychiatrist, the A.A., the Salvation Army, and other understanding religious leaders.

But for any real understanding of the meaning of alcohol in human living, and especially for adult education on the college and responsible citizen levels, these several sources must be synthesized, taken together, the parts

(Continued on page 83)

The Intercollegiate Association

OF 1952

CENTERING ATTENTION on an earnest desire to seek and find the truth—regarding beverage alcohol in modern culture—to examine the problem at its various sources, and to discuss it freely at the college level, the Intercollegiate Association for Study of the Alcohol Problem bases its approach and program of 1952 on the following objectives:

To encourage study, investigation and instruction on alcohol in life today, in a frank objective search for understanding;

To base its educational activities on the best scientific, comprehensive and historical information now available;

To promote understanding as an aid to intelligent and responsible decision of personal and social attitudes;

To cooperate with faculty members, student groups and student leaders in enlarged activities and service to these ends;

To advance the ideal of the Normal, Healthful Life, free from dependence on alcoholic anesthesia, as scientific and realistic;

To help develop a generation of leaders, equipped with modern educational principles and experience for constructive service toward solution.

Activities of 1951-1952

IN DEFINITE STEPS toward the accomplishment of these purposes, The Intercollegiate Association seeks to advance, in 1951-52, the following projects, and to continue them in succeeding years:

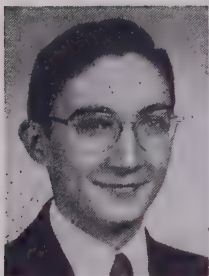
MAKE AVAILABLE, in readily usable, often condensed form, recent scientific and educational information at the college level, in the pamphlet, monograph, periodical and select-bibliography publications and bulletins of the Association, from time to time.

CONDUCT the new annual *Intercollegiate School of Alcohol Studies* for students and their immediate leaders, this year at Victoria College, University of Toronto, Canada, August 24-30, 1952.

ENLARGE the *Editorial Writing Contests* on the Roberts Award that offer prizes of \$1,700.00 in cash and scholarships, for the college year that ends in June 1952. These contests are for short editorials by undergraduates, on Education as a Solution of the Alcohol Problem. (See back cover page).

MAKE AVAILABLE high-grade speakers, qualified to lecture, consult and develop discussion and study in the colleges.

EXTEND the circulation of *The International Student*, with its objective approach, to provide recent study material, news of constructive activities in this field of higher education, and condensed information that will be easily available to busy instructors and religious work leaders.



Dave Alkire,
Ohio State University



Anne Beams
Lincoln (Ill.)
Bible Inst.



James C. Curling
Virginia Polytech.
Institute

Student Members, Intercollegiate Council.

The International Student is the only objective publication on this problem available to *young adults*—especially students—who wish to think, and act on their own thinking, regarding alcoholic drink.

“Toronto—1952”

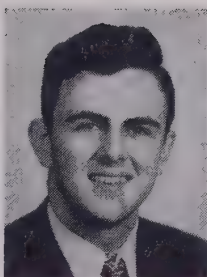
OUT OF THE CONFUSED situation of recent years, have come the new Intercollegiate Schools of Alcohol Studies, to challenge college leaders to do some thinking—and make decisions—for themselves. It is a period of great concern to many young people. What about the question of “drink”? Can intelligent attitudes be formed? And positive action taken? And how?

In full harmony with the recent and growing trend in universities and colleges to accept educational leadership in scientific study of this vital problem, this **new-type** of Intercollegiate School for and in part by students themselves, has been organized. It seeks to make possible **united thinking**, cooperative study, and much discussion by representative students from many colleges and their faculty friends in a week together, working out understandings and approaches that may be effective toward constructive action.

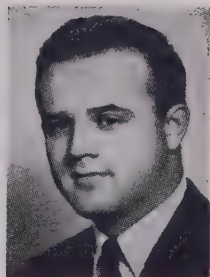
And this the School seeks to do, with the resources and inspiration made available by high experts in daily lectures, abundant discussion, seminars, student programs and opportunity for quiet personal interviews. All of this



Donald A. Groskreutz
Wartburg College,
Iowa



K. E. Graham
Millsaps College,
Miss.



Ralph Fleming, Jr.,
Duke University,
N. C.

Student Members, Intercollegiate Council.

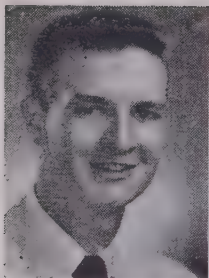
is interspersed daily with hours for recreation, music, games, "bull sessions" and recreation.

The first Intercollegiate School, at Otterbein College, Westerville, Ohio, August 1950, was started as "A Project in Understanding"; the second, at Cornell College, June 1951, developed further the new emphasis; and the third, at Victoria College, University of Toronto, will bring out the International character of the basic problem and of the interest now growing in colleges and universities.

Back of this Intercollegiate School lies the experience of the Association in national, international and world student conferences on the Alcohol Problem, in past years: At Karlstad, Sweden, and Lausanne, Switzerland in the early 1920's; at Toronto, Canada, in 1922; at Copenhagen, Denmark; Tartu, Esthonia; Antwerp, Belgium; and several American centers, in the decade or more following.

Editorial Writing Contests

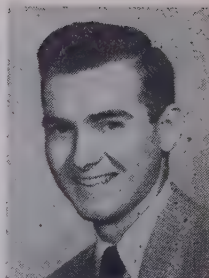
NOW IN its sixth year, the growing series of Editorial Contests, sponsored by the Logan H. Roberts Award, is open to college under-graduates in the United States and Canada. It has as its theme this year: "Can Education Solve the Alcohol Problem?"—or How far can it go as an aid to solution? It is a contest in Short Editorial Writing.



Wayne A. Meeks,
University of
Alabama



Richard Sprague
Baldwin Wallace
College, Ohio



L. T. Hathway, Jr.
Randolph Macon
College, Va.

Student Members, Intercollegiate Council.

Through the high generosity of Logan H. Roberts, Attorney of the Pacific Northwest, a former Intercollegiate Secretary of the Association, prizes of \$1,700.00 in cash and scholarships are offered annually. The scholarships this year are for attendance at the Intercollegiate School at Toronto, where the honors will be awarded and the prizes given. This contest series has been growing rapidly, over 300% in the past college year.

For a quarter century, following 1900, the Association sponsored a series of public speaking contests that grew, until it became the largest, on a great civic issue, in the United States. It ran through local, state, interstate and national steps to highest honors. In the next decade, three or more International Essay Contests, with prizes aggregating \$1,000 annually, giving attention to serious study and writing, brought in hundreds of papers; one year there were papers by students from fourteen countries. In 1922, \$500 was awarded in cash to a student of the University of Chicago, at a great convention in Toronto. Later, a national winner was given a trip to an International Student Conference on the Alcohol Problem in Helsingfors, Finland, as his reward.

Thus the Editorial Contests of Today are continuing the experiences of the past, fitted to the thinking and changed conditions of present years.



Wm. Roderic Covey,
Ohio State
(Asso. Contest Secy.)



Marguerite Straight
Ohio State
(Office Secy.)



Stanley F. Knock, Jr.
Yale Divinity
(Int. School Secy.)

Student Staff Members.

New Activities Begun

In Canadian Colleges and Universities

IN A NEW educational approach, including personal, faculty and group conferences and speaking, Rev. John Linton of Toronto, has just completed a tour of the colleges and universities of Canada, from Montreal to Vancouver, opening the way for an advance in high educational leadership on the alcohol problem.

On the tour Mr. Linton represented the Intercollegiate Association, as a distinctive movement, in addition to his other educational activities. He found the colleges open and ready to welcome an objective and scientific program; many college officials, Christian student leaders, and students, expressed a desire for scientific study and consciousness of growing need for it. Throughout the tour, attention was directed to two intercollegiate and international projects: The Intercollegiate School of Alcohol Studies for students, to be held at Victoria College, University of Toronto, August 24-30, 1952; and the Editorial Contests of 1951-52, sponsored by the Logan H. Roberts Award for short, effective editorial writing on the alcohol problem.

At McMaster University, Hamilton, and the University of Toronto, with its affiliated colleges, Mr. Linton was

accompanied by Dr. Albion Roy King of Cornell College, Iowa, as guest interpreter of the problem at the college level; the team shared in faculty conferences, lectures and group discussions.

The tour by Mr. Linton, from mid-October to mid-December, included the University of British Columbia and Union College at Vancouver; the University of Alberta and St. Stephens College at Edmonton, Mount Royal College at Calgary, and Canadian Union College at College Heights, Alberta; the University of Saskatchewan at Saskatoon and Regina College at Regina, Saskatchewan; the University of Manitoba, United College and St. John's College at Winnipeg; McMaster University at Hamilton, Queens College at Kingston, Carleton College at Ottawa, and Victoria College at Toronto, Ontario; and Sir George Williams College and Mc Gill University, at Montreal. Visits to the universities of the eastern provinces and return dates at Mc Gill and the Ontario colleges are scheduled for the winter months.

A series of forum-discussions at United College, Winnipeg, Manitoba, Canada, was organized to begin in October, 1951, as an Alcohol Education Institute, the Chairman a former member of the provincial legislature. Held monthly, October through April, the speakers are high experts on the topics announced, which are: "What is Alcohol Education?", "Recreation and Alcoholism," "Present and Future Legislation in Relation to Alcohol," "The Public Press and Alcoholism," "Education on Alcoholism Through Films," "Public Safety and Alcoholism," "The School Program on Alcohol Studies."

A new course in Health and Alcoholism, was announced recently, at Howard University, Birmingham, Ala. It is in the Department of Chemistry, and offers three semester hours of credit to enrolled students and a certificate to others not enrolled.

A series of seventeen lectures on "Basic Concepts of Alcohol and Health Education" at State Teachers College, Brockport, New York, last year, reached 550 students. The lecturer was Harry Elwood Titus, of the Allied Forces, Rochester, an alumnus of the Yale School of Alcohol Studies.

NO APPROACH to the Alcohol Problem appeals to me as does this which strikes the problem at the level where it is bound to receive either its RECRUITS or its STRONGEST ANTAGONISTS.

—A Former Dean, Northwestern University.

Constructive Activities

At the College Level

A COURSE on Alcohol Problems at John Carroll University, Cleveland, Ohio, enrolled fifty-five men under the leadership of Rev. Joseph J. Henniger, S.J., head of the Department of Philosophy. This is the first Catholic university to offer such a course, according to a news report of Dec. 10, 1951. The course includes the physical, psychological and social implications of drinking, how alcohol injures the body and how social drinking marks the path to alcoholism. The class is composed of juniors and seniors, Protestant, Catholic and Jewish.

"If colleges and universities were candid about it," said the Professor in charge, "there is a drinking problem in every campus. We are trying to show implications and consequences of alcoholism through educational and scientific methods."

A summary of findings at a two-day conference of college leaders at the University of South Carolina, Columbia, recently, included these practical emphases:

- The need for information;

- Recognition of the personal problem of drinking;

- New ways of social and political control;

- Development of a creative—or religious—outlook as "real prevention" of the problems of alcohol.

A series of addresses and discussion groups, marked a two-day visit by Dr. Wayne W. Womer, Virginia lecturer and Secretary of the Yale School of Alcohol Alumni, at Randolph-Macon College, Ashland, Va. A natural and effective opening for many students was made into the meaning of alcohol in daily living—and its consequences. The visit was organized by L. T. Hathaway, Jr., who attended both the Intercollegiate School of Alcohol Studies at Otterbein College in 1950 and at Cornell College in 1951.

The state-wide system of education on alcohol in Mississippi goes out at all levels of instruction, from the State Board of Education at Jackson; to the colleges, the teachers colleges, the secondary schools and the grades. It was clearly described at the Intercollegiate School of Alcohol Studies, at Cornell College, last June, by Miss Vashti Ishee, supervisor. It is perhaps the most comprehensive system of education on the problem in the United States. Miss Ishee says:

"We try to include all aspects of the Alcohol problem, not just its physiological and psychological.

"Thus we teach the importance of emotional stability and happy vocational adjustment."

WHY PEOPLE DRINK

(Continued from page 70)

of these necessities is usually accompanied by other unwholesome conditions. Those living in these conditions often feel powerless to improve their lot. It seems easier to forget it all. They desire to "get away." Some turn to drink to "forget it all."

To Escape from Worry

So far as we know, man is the only creature with a marked capacity for worry—the only animal that fears the future. Man worries about everything, from his income to his pimples. Worry causes mental strain and fatigue. Many people seek relief from this in alcohol. Dr. Ernest H. Starling has said, "Under the influence of alcohol, past troubles cease to repeat themselves and to reverberate in the drinker's mind. The worries of the day fall off like a garment, and he acquires a restful and contented frame of mind. He takes a more sanguine view of the present and future and leaves difficulties and dangers 'till the 'morrow."

To Quench a Growing Thirst

More calls for more. As the body "sets up resistance" the drinker takes larger amounts to obtain the effects desired. This applies particularly to those who drink for escape. Those who drink to get away from their problems find they have to drink increasing amounts to forget them. Too often such persons find themselves mastered by the growing habit.

The "reasons" for drinking might be continued almost indefinitely. Curiosity or adventure, imitation of others, response to advertising, a "test of manhood," an aid to salesmanship, are examples. The reader may desire to add one or more to the list of reasons "Why People Drink."

This pride of moderation is always a highly individualistic affair—"I guess I can take care of myself, and I'm not my brother's keeper," but the individual does not realize how much the set of attitudes generated by this kind of feeling becomes the nurturing soil for the other fellow's habits.—Dr. Albion Roy King.

Social Drink Customs

Accentuate Anti-Social Personality

A STATISTICAL survey of the lives of 200 new admissions, in 1949, to the Washington State Penitentiary, made by personal interview in 1950, developed the information that 94.5 per cent were drinkers, and that 64 per cent of these drinkers started their drinking in their teen ages. At the time of committing the offense for which they were sent to prison 47.5 per cent were "under the influence," in various degrees, and an additional 12.5 per cent had been drinking.

The circumstances under which these prisoners began their drinking were discovered to be as follows:

- 44.4 per cent for social reasons, such as parties and dances;
- 20.6 per cent at home;
- 11.1 per cent in the armed forces;
- 8.2 per cent circumstances unknown;
- 4.2 per cent by themselves alone;
- 3.2 per cent bootleg whisky;
- 2.6 per cent at high school and college;
- 2.6 per cent in merchant marines;
- 1.5 per cent among relatives other than at home;
- 1.1 per cent to escape realities;
- 0.5 per cent on doctor's recommendation.

If the number who started drinking in the merchant marine, the armed forces, at high school and college, and when with relatives other than their immediate families are added to the other social reasons listed, such as parties, dances and with a gang, we have a total of 62.2 per cent charging some form of social pressure with the responsibility of introducing them to the drinking habit.

Condensed from "Washington State Penitentiary Survey," *Listen Magazine*, Washington, D.C., July-Sept., 1950.

WITHOUT fear of contradiction, I say that corruption of law-enforcement officers is rampant in many American communities today on a scale that makes the corruption of prohibition days look like kindergarten play.—U. S. ESTES KEFAUVER.

ALCOHOLISM IN UPPER CLASSES

It is unfortunately not true that the so-called "upper" classes of people do not suffer from alcoholism. Of all the first admissions for alcoholism without psychosis to all Hospitals for mental diseases throughout New York State during the year ended March 31, 1948, 54% of all the males were in comfortable circumstances, and 64.5% of all the females had comfortable economical status. Of those so admitted, 41.8% had finished High School, and 28.9% were College graduates.—*Quarterly Journal of Studies on Alcohol*.

More Beverage – More Alcoholism

SPEAKING at the Institute on Alcoholism, at the University of Wisconsin, in June 1951, Dr. E. M. Jellinek is reported to have said that the disease of alcoholism costs the United States \$3,000,000,000 per year and that the number of alcoholics is now 3,800,000.

"The problem deeply concerns our population," he said. "In waste of human life, of happiness, in disruption of the family and society, in economic values, we have a challenge to face and master before it masters us.

"In terms of men and women," Dr. Jellinek said, "3,800,000 were alcoholics in 1948 out of 67,000,000 users of alcoholic beverages." The United States ratio, he added, is 3,930 alcoholics per 100,000 population 20 years and over, **or nearly 4 per cent of all adults.**

Between 1940 and 1948 alcoholics in the United States increased 29 per cent, "with female alcoholism increasing at a more rapid rate," Dr. Jellinek reported.

"Nevada and California are in a race for first place on the alcoholic count," the professor stated, "with Nevada now ahead by a big margin. In Nevada, 8,000 out of every 100,000 are alcoholics. In California, the ratio is 6,900 to 100,000."

The highest incidence of alcoholism in the United States is to be found "among the highest and lowest of our economic classes," Dr. Jellinek stated.—Reported by the Dallas Times Herald, July 4, 1951.

WHY STUDY ALL SOURCES Of Alcoholic Culture (Continued from page 72)

with the whole. For together, these three main sources reveal the basic human problem—the desire for the toxic feelings and anesthesia of alcohol, and the results of that desire in human living. Thus the problem becomes a drug, rather than, a temperance problem.

But the social sources, heretofore, have been largely overlooked or minimized. They should now be given enlarged, if not major, attention in educational activities. For this source can be largely, if not decidedly reduced if not removed by public education. That is the way to reach it. The noted sociologist, Dr. Charles A. Ellwood of Duke University, a short time previous to his death, in a personal letter to this writer, said:

“I would emphasize much more than you do the social situation. It seems to me that our social customs and social values are responsible for the great majority of our drinking practices.” With this statement, it is safe to say, practically all sociologists would agree.

Therefore, a movement or agency, in the college field, especially, or one among thinking younger people generally, should take a position of positive leadership in frank study and discussion of this age-long and largely neglected source of the total alcohol problem. Here it may well be given more attention, even, than those aspects that grow out of immature personality, the liquor traffic, and the advertising of drink-fashions that are so unlimited at present.

And for the fundamental reasons:

That all recent investigations, scientific and educational, agree that drinking begins, usually, between the ages of fifteen and twenty-one, just as youth becomes socially conscious—recognizes his interest in others.

That, beginning at high-school age, the habit-custom tends to grow in the next few years, in college and out, at the period when life decisions are being made.

That, as nearly every beginning is made because of

some social influence—and is continued through years by some group or social-prestige pressure that sifts out for drunkenness those who can not, or do not wish to resist, the social source is, indeed, the ground source from which all others spring.

This source of such Alcohol Problems as drunk-driving, alcoholism, can no longer be over-looked. It should be studied for what it is—for what alcohol gives, and what it deprives, in human living. It should be studied as a basis for intelligent decision between the alcoholic and the normal, non-alcoholic Way of Life.

PHYSIOLOGICAL FACTORS

(Continued from page 68)

brain and central nervous system; it removes inhibitions and disturbs self-control.

Alcohol affects the respiratory system to the extent that it is an irritant of the mucous membrane. On the heart it affects little or no change by direct action; when it irritates the mucous membrane of the heart there may be a slight rise of blood pressure. It dilates the blood vessels of the heart. A physician who desires to accomplish this, has the choice of other drugs that are more effective. If he prescribes alcohol, he takes a chance that the beneficial effects he needs may be counteracted by two unfavorable results: First, the patient with an already weakened heart, may become exuberant and think that he can do more than he should; second, the doctor himself may fail to take into account the habit-forming character of alcohol and the susceptibility of many patients to it.

The Gastric Tract

Alcohol stimulates acid secretations up to 10%; after 10% it irritates. In doses of 20% to 30% it will cause acute gastritis, depending on individual susceptibility. Of the drunks that come into Cook County Hospital (Chicago), 30% to 40% have acute gastritis; but some do not.

Alcohol stimulates pancreatic secretion, an important digestive juice for fats and proteins; and it can cause

pancreatitis. About 30% of the patients who come to the hospital as drunks, and 30% of those who die, have pancreatitis if they die of acute alcohol intoxication.

The Liver

Absorbed from the stomach and intestines, alcohol goes into the portal blood and the liver. Next to the stomach, the liver is exposed to the highest concentration of alcohol. At one time cirrhosis of the liver, was thought to be due to alcohol. As information increased, it was found that other things also cause cirrhosis. But this fact remains: That whenever there is an increase in the consumption of alcohol in a community there is always an increase in deaths from cirrhosis of the liver. Of the general population, 1% die of this disease, whereas of the drinking population 8% die of cirrhosis. It is eight times more frequent in people who take much alcohol than in people who do not.

Rate of Oxidation

The body burns alcohol in the same way that an engine burns it; the product is carbon dioxide and water. After taking it is found in all the fluids of the body. The concentration in the urine and saliva reflects that in the blood, but not so accurately. Alcohol in the expired air is an important indication of the amount in the blood; most legal tests are made from samples of the expired air or of the blood itself.

Amount to Produce Intoxication

A concentration of 0.01% to 0.02% (1/10 of a drop in 1,000 drops of blood) is the lowest concentration in the blood that can be detected by a neuro-muscular or psychomotor test. It is the lowest at which detectable impairment of brain functions can be demonstrated. This shows up in tests which measure judgment, capacity to perform skilled movements, or in multiple choice reactions.

There is much discussion about the concentration of alcohol in the blood that constitutes legal drunkenness. The latest figures come from Sweden.¹ That test was on the ability of the eye to detect a flicker of light, a very

1. See *Quart. Journal of Studies on Alcohol*, Mch. 1950.

sensitive physical function; it tends to show that as soon as the concentration reaches 0.1% there is impairment of ability to recognize the flicker. **Impairment enough to interfere with the ability to perform the work one is doing** is one definition of drunkenness. If one is driving a car, is this 0.1% enough to interfere with his ability to drive? At the other limit, everyone agrees that when a concentration of 0.15% is reached, the majority of individuals—from 88% to 90%—are absolutely drunk, not just silly or swaggering. When it reaches 0.2% they can hardly walk.

The most important reason for alcohol education is that the person with alcohol in his blood is a potential murderer when he is behind the wheel of an automobile. More people are killed and injured in the United States in any one year as a result of drinking than there were in any year of World War II.

Capacity to Judge

When acts of judgment are made, either right or wrong, under the influence of alcohol, that judgment is carried over into the sober state. The significance of this came to me fully while making a moving picture showing the effects of alcohol in small amounts on psychometer performances. A group of students, young physicians, were given various tests. They were given the amount of alcohol there is in an ounce of whisky, 45 cc. That was enough to cause euphoria to the edge of silliness, but not hilarity, just good feeling. Every one of the students reported that he had performed the tests better when under the influence of alcohol than previously. The next day, they were asked again how they thought they had performed when under the influence of alcohol as compared with the tests made without it. All thought they did much better with the alcohol—that not only was endurance improved, but accuracy, also.

Before I could convince these intelligent young men, they had to be shown the actual data and graphs; only then, would they believe that they had performed worse under alcohol than when free from it. A characteristic of alcohol is that it makes people think they are doing better than they are. A witness who has put his judgment under

the influence of alcohol is not a reliable witness, even when sober.

Some individuals perform better when slightly influenced by alcohol than do others when sober. One who is highly skilled would still be, with alcohol in him, more skilled than the one who has no skill. The degree of impairment, necessarily, is related to the degree of skill. Everyone is obviously affected at 1-1/2 drops of alcohol in 1,000 drops of blood. The important point, is that a decision has to be made to establish the degree of concentration to be applied to the drinking driver. I would like to see it under 0.05%, because that is where 5% to 10% of all individuals show definite impairment in psychometer skills.

Blood concentration goes up 0.01% to each 5 to 10 cc. of alcohol consumed. Prof. Walter R. Miles, Experimental Psychologist, Yale University, gave the figure as low as 10 cc. taken orally, as enough to impair the performance of certain skilled acts with the majority of individuals. This is important, because it pertains to the answer to the question: "How many bottles of beer, how many cocktails, how much wine, is required to intoxicate?"

Tolerance

Tolerance varies, as it does with any poison. When we determine the lethal dose (L.D.) of a drug, we express it in different ways. L.D. 80 will kill 80% of rats and mice. It takes from two to four times as much alcohol to impair performance in a steady drinker as in an occasional drinker or abstainer. This may be due to greater oxidation, slower absorption or to tissue tolerance. That is, the brain cells have developed some tolerance.

Diseases

Alcohol causes, or pre-disposes to, disease. Chronic alcoholism is a state in which there is mental and physical deterioration. There are between 750,000 and 1,000,000 alcoholics in the United States. Excessive users should be confined to a farm, and kept there. They can still produce, still work, enough to pay for the cost of running the farm. What can be a greater disgrace to any so-called civilized community than to let them form a Skid Row in our cities?

From Alcoholic To Social Custom

By Mary W. Dietrichson

THE RECENT conference in Boston on Education on Alcoholism was well worth attending. The audience was large, the interest sincere. Yet, I heard one person remark at the close, "This work with alcoholics is splendid but no speaker has touched the root of the trouble."

Everyone, who is not a misanthrope, must applaud the work of rehabilitation. Nevertheless, if we fail to reduce the flow of drinkers constantly streaming into the ranks of the alcoholics, what progress have we made? Are we not, as Alice in Wonderland, left running as hard as we can to stay at the same place?

It is a harder piece of work to undertake prevention than to promote rehabilitation. Everyone is for rehabilitation—even the liquor interests. Six million excessive drinkers (Yale's figures) staggering about our land do not make attractive advertising for liquor products.

As you look around the world today, it requires great confidence in the inherent good of man and faith in God to believe that this evil ever will be removed. Perhaps the best that I brought back from my four weeks at the Yale School of Alcohol Studies a year ago was an expression of such belief by one of the most distinguished scientists at the School. His exact words were: "I believe that in time we shall get rid of this custom."

Condensed from "Before They Turn to Alcohol," by Mary W. Dietrichson, *The Christian Science Monitor*, Oct. 23, 1949.

We have songs, poems, stories, plays, jokes about drinking, and many of them support drinking. Many of us who don't drink sing the songs, tell the jokes, and so, constantly recognizing and maintaining this rationale, we give support to that which we consciously do not want to support. The culture of drinking is deep in our society, and it is not easy to get rid of it.—Dr. CARL A. NISSEN, Sociologist, Ohio State University.

Death Rides With Drunken Driver

A "Columbus Citizen" interview on "Alcohol a Factor in Many Fatal Accidents,"

With Traffic Engineer, Ralph Wolf

DEATH AND ALCOHOL ride the same seat. Drinking was a vital factor in more than half of the fatal traffic accidents here this year, Traffic Engineer Ralph Wolf revealed Thursday.

Twenty-eight have died so far.

In 16 of these cases drinking was a factor.

"Those figures tell their own story," Wolfe said.

From now on until the end of the year bad weather and liquor will combine to add to the toll if things go as they have in the past.

There is a considerable increase in drinking generally through the holidays. Bad weather is overdue here.

"It's up to the people whether they live or die," the traffic engineer said.

"We can't keep them from drinking—that's up to them," he added.

A driver who drinks is a potential murderer, Wolf believes.

"He's worse than an armed robber," the traffic engineer stated emphatically.

"An armed robber won't shoot until he has to. A driver who has been drinking may kill three or four people and yet not have any intention of doing so," he explained.

For some reason, people feel they are excused from committing a capital crime if they are driving, Wolf stated.

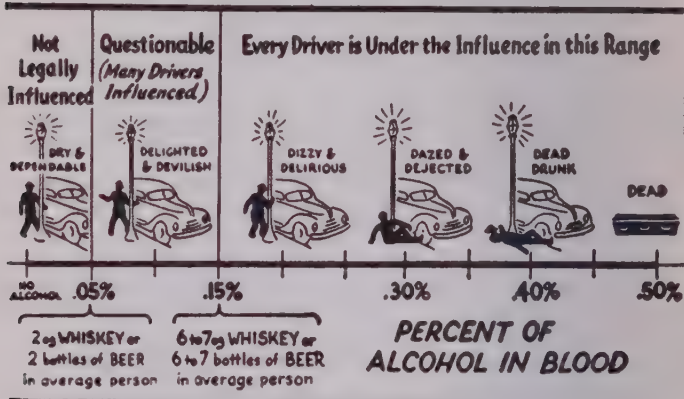
"They don't look on killing someone with an auto when they've been drinking like they do an out and out murder," Wolfe said.

"Yet they repeatedly jeopardize not only their own life, but others," he stated.

"It's disgusting."

From *The Columbus Citizen*, Dec. 1, 1951; used by permission.

**THERE IS A DEFINITE RELATION BETWEEN
ALCOHOL IN THE BLOOD AND DEGREE OF INTOXICATION**



● American Association of Motor Vehicle Administrators and National Safety Council

The traffic engineer pointed out an accident at 18th St. and Oak St. recently.

"The driver had been drinking. The man who was riding with him had been drinking. The pedestrian who was killed had been drinking and was en route to get more beer," Wolf said.

Lab tests made by police showed that all three were well above the "drunk" stage, the traffic engineer reported.

The man who was riding in the death car has been involved in two fatal traffic accidents here this year in which drinking was a factor, Wolf added.

"That shows what we're up against," he exclaimed.

Maybe we ought to revive some old slogans like "If you drink, don't drive" and "Alcohol and gas don't mix," the traffic engineer suggested.

"They're still true today," he said, "And they might help some."

MODERATE DRINKER A PROBLEM

DURING the twelve years I've been coroner, I have investigated officially more than 27,000 deaths from violence and other causes. Therefore, I have had ample opportunity to observe and study the part alcohol plays in such deaths. I recognize that the chronic alcoholic is a grave national health problem. But my study and experience convinces me that the so-called "moderate" drinker is a graver problem---at least as far as accidents are concerned.

---SAMUEL R. GERBER, M.D., *Coroner,*
Cuyahoga County, Cleveland, Ohio.

But the repeaters—those who have repeated drunk driving arrests?

"I'm in favor of the judges giving them the severest sentence comparable with the act," Wolf said, "even if it penalizes them on their job."

"If a man gets off easy, he may try the same thing again," the traffic engineer stated.

Too much leniency on a first offense may be the reason for a second offense because the driver may think he can get away with it the second time, Wolf pointed out.

"I don't think the penalty of taking a man's driving rights away for life is used enough," Wolf stated.

The traffic engineer thumbed through a stack of cards on his desk.

Each card told the story of a fatal traffic accident.

Each carried a little red dot, a dot signifying a death.

"We're doing everything we can to cut down on these with engineering, enforcement and education," Wolf said.

"The rest is up to the people," he added.

"People are clamoring that something be done about the drunk driver," the traffic engineer said.

"They're asking for the strictest enforcement possible," he added. "That is being done."

"Now it's up to the driver, and pedestrian, to help himself," Wolf concluded.

Responsibility of Educators

TO STRENGTHEN BASE FOR SOLUTION

"A MERICAN SOCIETY is responsible for a solution of the problems of alcohol and alcoholism. An approach to an understanding of these problems, required before matured judgment can operate, may be developed most effectively through a comprehensive program of education," say the most recent research writers on *The New Educational Approach*, Raymond G. McCarthy and Edgar M. Douglass, in their new book **Alcohol and Social Responsibility**,* prepared for teachers, school administrators and adult educational leaders and classes. The book continues:

"It is imperative to consider elements of the problem of alcohol in the broadest sense. The teacher in the classroom should be aware not only of the facts relating to physiology and alcohol, but also to the complex social attitudes and beliefs prevailing among different groups within the community. It is impractical to attempt any plan of teaching about alcohol which does not take into consideration the background and development of ideology in this country in the past two centuries. Of particular significance are the history, activity and achievements of the temperance movement in America." . . .

And the writers continue, referring to recommendations they offer, "based on principles of educational psychology, for meeting the difficulty of dealing with controversial issues in the classroom":

"It must be emphasized, however, that reasonable doubt exists that the subject of alcoholism should longer be controversial. . . . There is no longer any doubt that the school has a responsibility."

From *Alcohol and Social Responsibility* by Raymond G. McCarthy and Edgar M. Douglass, p. 149; 1949; Thomas Y. Crowell and Co., New York and Yale Plain Clinic, price \$3.50.

Results Of The Drink Custom

IN THE HOME

By Mildred L. Lillie, Judge

THERE RUNS, with daily continuity, in the Domestic Relations Department, the increasingly serious influence of beverage alcohol in the American home. No other single problem is responsible for as extensive and complex divorce litigation as that arising out of the consumption of liquor. Whether its use in the family is excessive, amounting to outright drunkenness, or only infrequent, resulting in occasional acts of violence, infidelity, neglect, or domestic quarrels, its effects on domestic unity and family solidarity are destructive and lasting.

The Domestic Relations Department is probably more aware of the direct effect of alcohol on family life than any other in our courts because it is there that newly separated couples seeking legal assistance in adjusting their rights and obligations pending trial tell of their domestic problems. The problem comes to the attention of this court daily in connection with applications for temporary support and maintenance of a wife and children, visitation and custody of minors, use and protection of the community property, and the protection of the parties against each other.

More than 75 per cent of these preliminary applications consist of requests for issuance of restraining orders to prevent one or both parties to divorce litigation from in-

Condensed from "Alcohol and the Home," *Listen*, Journal of Better Living, Oct.-Dec., 1951. Judge Mildred L. Lillie of the Superior Court of Los Angeles, Calif., presides over the Domestic Relations Court of that city and county. She is one of the outstanding women judges of America.

terfering with, molesting, or annoying the other or the minor children. In the majority of cases the need for legal protection has its source in the continuing misconduct of one of the parties, caused by excessive drinking. In more than 50 per cent of these cases the physical violence and abuse, if not checked by legal restraint, would in all probability result in the commission of criminal offenses. The story of verbal abuse, broken furniture, and blackened eyes is told dozens of times by miserable, unhappy women, who can no longer tolerate such treatment, even for the sake of keeping their families together, and who want their husbands forcibly removed from the family dwelling to give them and their children the peace and safety they deserve.

As common as the application for injunctive relief against molestation, is the request that a restraining order to prevent a drinking spouse from encumbering or disposing of property. No court day passes that does not bring a sordid story of pawned clothing, or articles of furniture sold for another drink. On more than one occasion a wife has testified that her husband has purpoined and pawned her wedding ring to prolong a drinking spree.

The failure of many men to support their families is attributed directly to their continuous, or even sporadic, drinking. The relief rolls disclose thousands of families left poverty-stricken and in need because of unemployment, or physical inability to work, through the use of alcohol. The adject misery and despair of a family blighted by such misfortune can be adequately described only by one who, dependent upon such a person for food and shelter, faces insecurity, humiliation, mistreatment, poverty and loss of self-respect.

Increasing drunkenness among women is most vividly brought to the attention of the court through child custody proceedings. Intoxication in a woman leads, not only to loss of self-respect, complete disregard of morals, lower standards of conduct, and neglect and abandon-

ment of her past, but to delinquency on the part of her children.

True, these tragedies do not occur in every home in which beverage alcohol is used, but the beginnings are present in every family that tolerates the easy and frequent use of intoxicants. Even its moderate consumption in too many instances forms the sordid background for difficulties that can lead only to the divorce court. Many family misunderstandings that culminate in separation have their source in social drinking; often one cocktail is used as an excuse for an act of infidelity or other misconduct in violation of the marriage contract. A surprising number of men are responsible for their wives' alcohol problem, and many women have unwittingly encouraged their husbands in a drinking career by engaging with them in so-called social drinking.

Whatever the cause for its use in the home, be it excessive or moderate, alcohol is playing an increasingly important part in rending asunder happy and secure family life and in fostering juvenile and adult delinquency.

WHAT KIND OF PEOPLE ARE ALCOHOLICS?

The Keeley Institute of Dwight, Illinois, in its February, 1951, "Bulletin," says that the patients treated in that Institution represent a reasonably fair sample of the population of the United States. The Institute breaks down this information as follows:

Small business men	28%
Professions	21%
Skilled laborers	17%
Farmers	16%
Unskilled laborers	13%
Managers & Executives	3%
Miscellaneous	6%

The largest group of alcoholic patients have attended High School, and 12% of them have had College training.

Can Education Solve — — — ?

Reactions from Readers of the International Student

I HAVE headed our Civic Association and fought the battle in the City Council, and before the Liquor Commission in the state capital. I have taught in the college for 23 years, during which time courses in the harmful effects of alcohol "and other narcotics" have been required of all students before graduating. Unhappily, the janitors report carrying out as many beer and whisky bottles from the dorms, and the deans report as much trouble with drinking students as ever. Does merely studying *about* alcoholic effects prove worthwhile with students on the college level?

In the town, not unlike other towns of its size, what we face is that adults no longer consider drinking as "sinful." Ministers are apt to sidestep and declare that drinking is not even a moral question. And statistics are too much of a 'deep freeze' method to have any effect on youth.

But, my thinking aloud, may be too pessimistic. Perhaps we need a greater appeal, throughout our churches to the adult members. Some ministers might be looking for another pulpit, but we have had enough pussyfooting.

Against this background you and I, and the Intercollegiate Association, must do something more to reach youth, something to them, and through them. The Editorial Contests, my experience of four years shows, have been effective. How can we make them more so?—A Mid-Western College Professor.

We would appreciate five more copies of the INTERNATIONAL STUDENT each month. With these, there will be enough to supply our students who use the library.—Elizabeth Wilbur, Library Staff, Quincy Community School, Mich., Oct. 16, 1951.

Thank you for the fine job you are doing as editor of the INTERNATIONAL STUDENT. It is most gratifying to know that an active program is going on at the college level . . . as Home Economics teacher in the Senior High School, I have about 90 students a year . . . I am always interested in finding factual material, since drinking is so casually looked upon.—Helen F. Green, Port Washington, N. Y.

I SHOULD LIKE a crack at a topic (for editorial contests) such as adult education on the alky problem—ending in the creating of public awareness that a problem exists.

Somewhere in the United States, there is a potential for a public relations counselor for the combined anti-alcohol forces. He is now a student in high school or college, looking around hopefully for something into which he can sink his teeth. Our editorial contests of 1952

should be intriguing enough to drive a wedge into his imagination, which the Intercollegiate School of 1952, at Toronto, may inspire into really concrete action. As topic, I suggest: "Drinking—or Social Responsibility in Drinking," or "Publicity or Educational Problem," or something to wake a response of "gosh," and go on to show how. I want to say, "Here is a Problem, Drinking. How are we going to publicize social responsibility for it."—Dick Sprague, Baldwin Wallace College, '52.

I AM WORKING on a leadership training group on the topic "Facing the Alcohol Problem of Today." A series of six sessions through the local church. I have found your books that I got at Cornell very helpful.—K. E. Graham, representative of Millsaps College, Miss., at the Cornell Intercollegiate School, June 1951.

Thank you for the opportunity the contest (1951) gave us for objective study of this important field. I use the assignment in classes in social pathology, but I notice that interest has gone well beyond the personnel of the classes.—Edith Cousins, Associate Professor, Sociology, Texas Arts and Industries College, Kingsport, Tex., reporting 36 editorials written.

Your interpretative article, "Social Customs as Source of Drink and Alcoholism," goes right to the point, for if we understand the *motives* that men and women have for drinking, we have gone a long way in our understanding of the problem. You well state:

"Of the three main sources of the Alcohol problem . . . that of social influence is least understood."

That is it, for so intermingled with our traditions and customs is drinking, that to separate the two is the problem. I attended a wedding recently, and both bride and groom I think were abstainers, yet champagne was freely passed around and all partook. This in a happy occasion I suppose could be passed over; but the point is if it was done *only* to conform to an ancient custom and if everyone attending was thoroughly informed, the custom, I think, would fade away and with the fading of the custom the drinking would also fade away. I intend to pass along your article. How would it be for you to write an article on, "You Won't be Popular if you Don't Drink?" Being popular is responsible for a lot of it. But "popular" with whom?—James P. Gardner, Montclair, N.J.

THE FOLKTALE RUNS —

Three addicts, traveling by camel from Kabul to Peshawar, fell behind the caravan through indulgence each in his preferred drug. Arriving at the Khyder Portal the sun had set. The gate was locked.

Discussing their dilemma, the alcoholic suggested: "Let's smash down the gate."

The opium addict remarked: "I'll take a pill and dream."

The hasheesh (marihuana) victim advised: "Let's crawl through the keyhole."

A not inaccurate description of the effects of these drugs.

—CMG.

Objectives of Alcohol Education

EVERY EDUCATIONAL EFFORT has objectives. In this respect, alcohol education does not differ from education in other fields. The objectives of each may well be applied to the others. They share the common goal of building men and women capable of clear thinking and decisive action.

1. To motivate students to seek the lasting and genuine satisfactions of life through healthful living.

2. To develop a sense of pride in having a strong, healthy body and wholesome mental attitude.

3. To provide an accurate understanding of the effects of alcohol.

4. To develop a sense of responsibility for one's own welfare and that of others.

5. To develop an attitude of respect for the rights of those who have opinions different from your own.

6. To help young people accept the responsibility for making their own decisions on the basis of careful study.

7. To teach orderly thinking in order to arrive at right conclusions.

8. To encourage a reasonable expression of individuality and evidence of respect for one's own views.

9. To cultivate a desire for wholesome recreational activities as a means of satisfying the natural desire for a good time.

10. To help young people see that the right to experiment involves accepting the consequences of those experiments.

11. To develop a sense of pride in the kind of conduct which brings a feeling of self-respect and the approval of worth-while associates.

12. To encourage an analytical attitude toward propaganda of whatever nature and the ability to analyze it on the basis of motives, methods, and objectives.

Clip and Return

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3. Which article in this issue (January) is most valuable to you:

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THE
INTERNATIONAL

FEBRUARY,

1952

STUDENT

In This Number - -

Seeking Social Acceptance

Alcohol: Escape from Reality

Ben Binder's Story

Intercollegiate School;
Toronto, 1952

What's Being Done at the
College Level

A Study in Expenditure Contrasts

Recent Publications; Select List

Campus View, The Medical School,
Loma Linda, Calif., (See page 105)

democracy
something
eper than
berty; it is
responsibility"



THE INTERNATIONAL STUDENT

February, 1952

Vol. 49, No. 4

Harry S. Warner, Editor

Subjective Reality

TWO ARTICLES in this number of *The International Student* tell the same story—in different style and words. Both are realistic, scientific, reasonably objective.

Prof. Clyde E. Keeler relates "Ben Binder's Story."

Dr. Arthur L. Bietz explains "Escape from Reality."

The former, objectively written as an expression of subjective reality—and human interest—is direct from every-day experience—a "case study," the sociologist would say; a study of the individual unit of society.

ty. The latter, a scientific lecture from the latest and best sources of modern research and psychology, brings out the social situations and motivations that influence people and multiply the individual into the many.

For the temporary relief from boredom that Ben found in alcohol, and the parallelisms that he unconsciously reflected in his inner feelings by his sympathetic care of his runt of a pig, are experienced by millions. If you think not, listen to, read, the life-histories of many A. A. And since there are millions of alcoholics, the sources that initiate practically all of those who, quickly or ultimately become alcoholics should have more substantial study than they have received heretofore.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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Seeking Social Acceptance

EDITORIAL, By W. Roderic Covey

ONE OF the basic tenets of modern alcohol education is shown in a recent incident in a college social organization.

The members of a group had just finished their summer vacations and at their first meeting of the fall term were discussing what kind of a party they would have. Several suggestions were made, many of them stipulating that beer be served. Finally, the president concluded, "O. K., we'll have a hay ride and beer party at McAllister's Farm."



Suddenly, from the back of the room a freshman gained recognition and asked, "What about the fellows who don't drink?" The president answered, "As a matter of fact, I don't drink myself, but I thought everyone else wanted to." The freshman asked, "How about a vote on it?" So the president called for the ayes and noes and asked the secretary to count them. "Three for and thirty against having beer at the hay ride," reported the secretary. Why then had several members said they wanted it, and why did the president think they did, even when he himself did not drink?

A Northland College (Ashland, Wis.) sophomore suggested the answer in a contest editorial last year, when she wrote, "Proving to the average person that alcohol is injurious to the body is no deterrent; he is more interested in his social acceptance than in his longevity." Thus while several members of this social group did not themselves drink, they assumed that drinks would be necessary

W. Roderic Covey, associate contest secretary of the Intercollegiate Association, is a March 1952 graduate in journalism at Ohio State University.

at their party. And so with the president. They were trying to gain "acceptance" by the others in the group. But more basic is the answer to the question: Why did they assume that drinking was necessary for acceptance in the first place?

To answer this question, we will recall one of the first things we learn in college. It is that the more a learning situation is reinforced the stronger it becomes. When an instructor jokingly says, "Well, I suppose you're all dying to get out of class and go to Joe's Place," or when a college newspaper headline reads STUDENTS DRINK BEER TO PREPARE FOR FINALS, when actually only one student said this in the body of the story, the suggestion is reinforced and soon accepted. And this is especially true in the case of impressionable freshmen.

The solution? Partly, at least, student leaders, instructors, college newspaper editors—all those who are in influential positions—should be mindful that they are being imitated and unconsciously helping to form the attitudes of others.

Then those who are trying to gain social acceptance will not, as in the above illustration, have to say, "Let's have beer."

ALCOHOLISM IN UPPER CLASSES

It is unfortunately not true that the so-called "upper" classes of people do not suffer from alcoholism. Of all the first admissions for alcoholism without psychosis to all Hospitals for mental diseases throughout New York State during the year ended March 31, 1948, 54% of all the males were in comfortable circumstances, and 64.5% of all the females had comfortable economical status. Of those so admitted, 41.8% had finished High School, and 28.9% were College graduates.—*Quarterly Journal of Studies on Alcohol*.

The habit of resorting to a cocktail, highball, or a shot of liquor as a pick-up, a bracer, or a source of Dutch courage is a sign of weakness. Until the drinker gets under the influence of the customary cocktail or other intoxicant, he or she knows and admits that this is so.

After a drink or two the alcohol impairs the higher judgment and the drinker no longer recognizes or feels his inferiority.—Dr. WILLIAM BRADY, *Los Angeles Times*, Nov. 7, 1951.

Alcohol; An Escape from Reality

By Arthur L. Bietz

RASH ON THE skin is not itself the cause of measles, even though the rash stands out conspicuously to the observer. Merely to concentrate on keeping the skin clear from blemishes will not ward off measles, chicken pox, scarlet fever, or other diseases which indicate their symptoms on the skin.

By similar reasoning, it is not enough to concentrate on the drinker's appetite for whiskey to save him from succumbing to the next urge to drink. In order to understand the specific urge for drinking, it is necessary to go back of the appetite to the cause of this craving.

Why Alcoholics Drink

What is it that drives a person to drink? To answer this question we must study the feeling motivation which drives drinkers on against their conscious will not to drink again. Motivations for action reside in the feelings. Knowledge about right does not guarantee that such knowledge will be carried into action.

The alcoholic is essentially a maladjusted human being, one who has lost his inner well-being, whose social relations are disturbed, who cannot use his capacities well, whose evaluation of reality is altered, or who has lost contact with the real world. The drinker is not a different kind of human being; he is simply one who is attempting to solve the more serious problems of life in an undesirable or inefficient fashion. He seeks for the same goals and pleasures as does the normal person, but he searches for them in wrong directions.

Mis-directed Human Needs

The average human being has needs which arise from biological and physical phases of life, needs which arise out of the culture in which he lives, and needs which

Dr. Arthur L. Bietz, psychologist and professor at the Medical College, Loma Linda, Calif., is Director of the Institute of Scientific Studies for the Prevention of Alcoholism. This article is condensed from a lecture at the 1951 Institution attended by the editor of the *International Student*.

arise from within the person himself. These inner needs can be put under three heads:

(a) The need for comfort, gratification, equilibrium; the avoidance of pain and the satisfaction of inner drives.

(b) The need for self-esteem, independence, achievement, adequacy, and strength.

(c) The need for security, love of fellow men, community feeling, and warmth of emotional ties.

Adjustment to life is the characteristic way in which a person reacts to, and solves, the main problems of life. There are legitimate and satisfying ways to meet these basic needs, and there are disastrous ways of seeking their realization.

Offers Illusion, Not Solution

The man who goes to the bottle is attempting to solve life's problems, not by meeting them, but by escaping from them into an unreal existence. In this false refuge he finds temporary physical well-being and gratification. The socially inadequate, shy, retiring person suddenly lives in a world where he feels capable of meeting any social situation with poise and well-being. The person who is in need of comfort and gratification seeks these in the bottle because he fails to find them in human relationships. When a man is unable to achieve respect and esteem by genuine achievement, he seeks to escape into the false exhilaration that alcohol gives him. The need for security which cannot be met legitimately is sought by blocking out reality and hiding in the false security of intoxication.

The narcotic effect of alcohol enables a person to forget his fears and stresses. In the state of drunkenness the external world is shut out. Intoxication enables him to indulge in certain impulses which he ordinarily struggles against. Thus, alcoholic belligerency may serve the purpose of expressing his hostility toward persons. The drinker's companions are usually like himself; they drink. This companionship helps to compensate for his rejection by other persons, and the loss of their love. The alcoholic is usually distant, and afraid of close rela-

(Continued on page 117)

Ben Binder's Story

By Clyde E. Keeler

"DON'T YOU EVER touch"—screamed Ben Binder as he grabbed my shoulders in his palsied hands and shook me so violently that I thought my head would fly off.

"Don't you ever touch"—

"Touch what?" I staccatoed through the vibration.

"Likker!" exploded Ben, to finish his incomplete sentence.

Ben was a maniac. His graying hair was disheveled. His face was flushed, and tears were streaming from his flashing eyes. His clothes were the tattered rags of a tramp. Obviously he was drunk.

Ben meant what he said, however, whether sober or drunk, because he realized full well that for years he had been in the power of a ruthless demon from whom he had tried to free himself over and over again, but in vain. And now realizing his impossible situation, he was frantic.

I was a boy of fourteen, and I had read the local newspaper; in fact, I carried paper route No. 30 for the Daily Star in town. I read dozens and dozens of headlines tragedies all containing the words "liquor," "speed," "crash," "morgue" but these accounts never impressed me. I was used to them. The printers just "filled space" with those stories. They all read alike, and I never knew those folks anyway!

But my friend, Ben Binder, drunk, rattling my bones apart and screaming a warning. Well,—that was different, and Ben Binder's life became my education about alcohol, just as he intended it to be.

The scene was laid near — —, Ohio, where I was born and raised.

Dr. Clyde E. Keeler is Professor of Biology at Georgia State College for Women, Milledgeville, Ga. The story he tells is true; only the names of the people are changed and the town unidentified.

Deacon George Binder was the most prosperous grocer in the city. He owned the big brick building at the corner of Main and Center with several floors, the downstairs was clean and well displayed and the cellar well stocked. His prices were higher than anywhere else in town, but he sold fancy goods to the well-to-do, to whom only triple A quality mattered. The rich all bought from him. I knew because I had worked there on Saturdays.

George owned three farms, from which came fresh meats and vegetables for the grocery store. One of these farms was located a mile-and-a-half outside of town; it was managed by George's less fortunate brother, Jim, with his wife and their adopted daughter.

Ben, the lost sheep of the family, was not allowed in the farm house at all, but had been given possession of a dirty old woodshed. In it he had a battered bedstead, a little potbellied iron stove with a long sleeve chimney that pierced the roof, and an old washstand with a pitcher and bowl. A few rags of clothing thrown about aimlessly here and there completed the squalid scene. He worked as a hired hand when able to navigate.

He was almost constantly under the influence, and although he could have had handouts from his brother's kitchen, he usually preferred a diet of bread and whiskey.

Ben and I were great friends. Indeed, I saw him every day because I pedaled to the farm morning and night to carry off to town a five gallon can half full of milk on the handlebars of my bicycle. That milk was to help nourish the prosperous Deacon's seven bouncing daughters. And of course, I came early to talk to Ben from behind the stanchions as he pulled down the white streams from temperamental bovines and dodged their agile feet and switching tails.

On these numerous occasions, Ben had revealed to me his entire personal history over and over again so that I knew it like a book. It always ended with a hopeless alcoholic living in a dirty, old woodshed and dodging cows tails for a living, while his brothers, who never knew what tough luck was, would not even permit him in their

(Continued on page 119)

Intercollegiate School Becomes International

TORONTO, AUGUST 1952

AS AN INTERNATIONAL project for students of Canada and the United States, the new INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES, will hold its Third Annual Session at Victoria University, federated with the University of Toronto, Canada, August 24-29, 1952.

This summer project, now well established, will enable college students to combine a summer vacation trip with serious study—and vigorous discussion—of one of the greatest social problems of today—Alcoholism in Modern Living.

At Toronto, students and their leaders in colleges and universities on both sides of the 4,000 mile line, the world's longest line of International Peace, will spend a week together, hearing, studying, discussing what modern science and high education have to say about the problems of "drink," on and off the campuses of all modern nations. For, next to war, alcoholism is one of the great destroyers of human happiness.

The Approach is one of objective study and full discussion, under the best scientific and educational leadership available. The speakers and seminar leaders are internationally recognized experts in their respective fields.

The Purpose is to enable interested students from many colleges, and their leaders, religious workers, college deans, and others in this field, to consider the alcohol problem as it is, in the community and around the campus; to do it constructively, in the light of high scientific information; as a cultural and very real problem that aspiring and thinking young people must face for themselves—in education, and as citizens and potential leaders in culture and public opinion.



VICTORIA UNIVERSITY, Men's Residence

Among the Speakers and Seminar Leaders are Dr. Andrew C. Ivy, Vice President of the University of Illinois, internationally known physiologist; Dr. Wayne W. Womer, Richmond, Va., lecturer and Secretary of Alumni, Yale School of Alcohol Studies; Dr. Albion Roy King, Department of Philosophy, Cornell College; Rev. John Linton, Toronto, Intercollegiate lecturer in Canada; Dr. David Archibald, Supt. Clinic for Alcoholics, Toronto; Harry S. Warner, former International Secretary, World Student Federation Against Alcoholism, and others.

Among the Themes are: "Basic Information: The Physiological Background," "The Psychology of Drunkenness," "Why Men Drink," "Sociological Aspects of the Problem," "Abstinence and Moderation as Ethical Principles," "College Drinking and Discipline Problems," "The Alcoholic and his Rehabilitation," "The Problem, the Facts—and My Responsibility," "The Academic Approach to the Alcohol Problem."

All-Student Sessions—there will be at least two: "Students Take Over"—stunt night, and a Panel Discussion of The Campus Angle.

The Seminars: Two hours each afternoon on "The



VICTORIA UNIVERSITY, Annesley Hall

Campus Approach Today," "Student Counseling," and "Community Service." A field visit to a Clinic for Alcoholics, will be a realistic feature.

Recreation. Three hours daily are reserved for recreation, games, visiting the vast resources of this great University Center, the city of Toronto and mid-summer vacation facilities of nearby communities.

For further information, address, The Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio.

I don't see why every kind of business, monkey or serious, has to be mixed with a drink, but that's about the case when two or more people get together at anything less formal than a session of Congress or a White House ceremony.

I enjoy good humor as much as the next fellow but . . . hard liquor dulls the wits and clouds the vision. . . . And official Washington must be at its best when the lives of our men are at stake. . . . If we ever needed clear thinking, we need it now.—ROBERT S. KERR, U. S. Senator from Oklahoma.

Reckon any man's got gumption iffen he knows what t' fight. 'Taint natural-like jest to sit 'n study.—Buckmaster, *Deep River*.

Basic Factors – And Strategy

From notes of two addresses by
Dr. Albion Roy King in Toronto, Dec. 5th

COMMENTING on the progress being made in recent years in study and thinking on the Alcohol Problem, Dr. King said that he had commenced his own work as a Psychologist and Scientist and had transferred to Philosophy, and that his interest in the problem had preceded the study he made at the Yale School of Alcohol Studies in 1943, by at least fifteen years. While education is vital, he said, it is a great mistake to believe that education alone can solve this problem.

Dr. King approached his subject of basic factors from two angles:

1. Why people drink.
2. What happens to them when they drink.

He pointed out that, while alcohol does have one important food value, the creating of energy, it is actually taken for its effects on the nervous system; it is, therefore, a drug. It is not, however, a stimulant.

Using a chart, Dr. King traced the effects of alcohol in varying quantities in a one-hundred-and-twenty-five pound man. He showed that one standard drink raises the alcohol content of the blood to .025%; two drinks, to .05%, and that in this amount the alcohol has a dulling effect, working as an anesthetic on ordinary feelings and controls. Thus it releases ordinarily controlled impulses. When the blood content of alcohol is between .15% and .3%, the sensory area becomes affected, resulting in thickening of speech and inability to walk a straight line. In the areas between .3% and .6%, the emotions or

In December, Dr. Albion Roy King, Professor of Philosophy, Cornell College, Mt. Vernon, Iowa, was a guest speaker at McMaster University, Hamilton, and the University of Toronto, in three to five meetings of students and faculty members in each. In the same week, he gave two lectures at a National Meeting of the Canadian Temperance Federation, from which the above notes were taken. He is to be a speaker at the International School of Alcohol Studies, at Victoria University, August 24-29, 1952.

instincts are affected, resulting in 'crying jags', 'laughing jags', etc., and finally, in stupor, or anesthetic sleep.

In his second address, on "Strategy for the Future," Dr. King told the gathering that we are on the wrong track when we assume that there is one single solution for the alcohol problem. He said that the strategy of the future must include three distinct factors—objective education, propaganda for social action, and counseling.

He advised against confusing education and propaganda, the difference between the two being in objectivity. The purpose of education must be to secure understanding; but just as soon as the educational job is colored with a drive for action, the education ceases. Dr. King stated that if at the outset, the classroom is divided pro and con, little education will follow. He feels that temperance workers cannot expect to do the educating; they should, however, seek the co-operation of the educators, who usually are caught between two fires, and thus caught, can do little effective alcohol education. As an example of a very fine objective educational program, Dr. King cited that of Miss Vashti Ishee, supervisor of Narcotics Education, State of Mississippi.

Referring to the college situation, Dr. King stated that the present programs of colleges leave the average student without any proper knowledge of the problem. Basic information only should be supplied, without insistence upon a decision. Education alone will never solve any ethical problem, but a good propaganda system will have a background of education. He suggested that the officials of any great church should thrash out the whole matter and come to some conclusion as to their stand on the problem. Then, he said, the pulpit could become a challenge to action—and the class-room, a place for understanding.

On the need for counselling, Dr. King pointed out that there is a smug attitude among some workers, regarding prevention and cure. He said, "We must change our attitude toward alcoholics; they cannot be left in skid row." However, so special is the art of counselling the alcoholic, that very few educators or propagandists make good counsellors. To do this effectively, one does not

need to be highly educated ; but he must have the capacity to recognize a problem that he cannot handle so that the case may be turned over to a specialist in the particular field of counselling required by that case.

Concluding, Dr. King said that **although alcoholism is increasing at the present time, so also is the tide of public opinion**, with a growing concern that the right method of control may be found.

In the discussion following, the point was raised that the division between education and propaganda, as made by the speaker, might be too arbitrary—that it is impossible for an educator to be absolutely objective, since the personality of the teacher would enter in and color the presentation of material. Dr. King agreed, but stated that objectivity must be the ideal toward which teachers should strive.

Suggested Activities

FROM A SEMINAR AT THE
INTERCOLLEGIATE SCHOOL OF 1950

1. Make a survey to determine what is being done in the local college.
2. Add reliable alcohol education material to the college library.
3. Enlarge facilities for social activities to meet needs of *each* individual of the student-body.
4. Encourage cooperation between faculty and students in planning and study groups.
5. Under trained leadership conduct a "School of Alcohol Studies" for the students, faculty and citizens of the community.
6. Assist in recruiting students for next year's Intercollegiate School.
7. Explore the advisability of including in the curriculum under professionally trained leadership, either a separate course in alcohol studies or integrated instruction in alcohol education in various courses already in the curriculum.

Each time I read a copy of the *International Student* I am duly impressed with the value and high integrity of the magazine.—Mrs. Thomas McMahon, Calif.; Dist. Chrm., Congress of Parents and Teachers, February 1, 1952.

The January issue of The *International Student* is full of good material. I have just read it from cover to cover. The only detriment is that it uses too much of my blue pencil by which I indicate matters of importance by under-score on many pages."—George A. Little, Editor, United Church of Canada, Toronto. Jan. 31, '52.

What's Being Done

STUDENTS IN JOURNALISM at the University of Utah, Salt Lake City, are writing and editing material for the March number of the monthly magazine of the Utah State Board on Alcoholism.

Honor Awards with cash prizes have been offered for the year 1952 to theological students in the colleges of Queensland, Australia, on "Social Drinking: Its Moral and Physical Aspects." The papers are to be serious studies, not exceeding 5,000 words in length, with references and list of authorities consulted. The prizes apply to each college sending papers; termination date, May 21, 1952.

A course of instruction on the Alcohol Problem at State Teachers College, Livingston, Ala., in 1951, enrolled 93 in two summer terms and an extension course.

In preparation for the International Editorial Contests of 1952, sponsored by the Intercollegiate Association, a group at the Provincial Normal College, Winnipeg, Man., is offering thirteen local cash prizes of substantial amount on the theme "Can Education Solve the Alcohol Problem?"

At Ohio State University, a junior, Dave Alkire, following his attendance at the 1951 Intercollegiate School at Cornell College, has been speaking to student and youth groups in and near Columbus. At North High School, following his talk in January to a group of forty, the high school students were so interested in the approach of a college student, that they continued asking questions for an hour. At the university in his class in Public Speaking, he prepared a question sheet on which students listed their main reasons for—and against—drinking, fifteen on each side. At a second session, the analysis and discussion of these reasons in the light of latest scientific understanding was realistic and interesting to both students and instructor.

Continuing his new program of scientific approach in Canadian Colleges, Rev. John Linton, Toronto, gave a day each in January to student groups and faculty conferences in the colleges of Ontario: Carleton College, Ottawa; the University of Western Ontario and Huron College, London; the College of Agriculture, Guelph; and the University of Ottawa. In one college the day's program included an interview of an hour by a class in Journalism, a lunch with the Student Council, and a check-up with the librarian regarding recent books of scientific information relating to the problem. At another college, a lecture to theological students; another, a faculty-chaplain conference. In the colleges visited, the Roberts Editorial Contests and the Intercollegiate School at Toronto,

in August 1952, were given attention. Following the visit, a dean wrote: "Your visit gave much satisfaction to the college, myself, the members of the Student Council, and the students whom I met. I am glad we shared in your thinking on the scientific approach to the problem of alcohol; the lively interest which your several talks created, will be magnified and carried on at the student level."

During the autumn months, Mr. Linton had similar conferences in universities from Toronto to Vancouver, B. C., and in late winter he is scheduled for the colleges of Montreal and Quebec.

Leadership Institutes of 1952

Victoria University in the University of Toronto, Canada; August 24-29; The Intercollegiate School of Alcohol Studies, for students and their leaders in the colleges of Canada and the United States; third annual session.

Yale University, New Haven, Conn.; July 7-August 1; The Summer School of Alcohol Studies at Yale University; to meet the needs of professional activities requiring knowledge of alcohol and its social problems; tenth annual session.

Juniata College, Huntingdon, Pa.; July 14-18; The Pennsylvania School of Alcohol Studies; for educators, ministers, religious leaders, temperance workers; eighth annual session.

The Sorbonne. Paris, France; September 8-12; International Congress on Alcoholism; for national, international and world research, scientific, educational and public service experts; twenty-fourth session, held each three to five years.

College of Medical Evangelists, Loma Linda, Calif.; August 4-15; Institute of Scientific Studies for the Prevention of Alcoholism; a two-weeks School for experienced and beginning educators and professional workers in seeking solution; third annual session.

Millikin University, Decatur, Ill.; June 17-24; The Training School of the National Temperance League; for prospective and experienced workers in the temperance field; eighth annual session.

Northwestern University, Evanston, Ill.; June 23-August 2. This is the well established course of instruction in Alcohol Education, conducted by the National Woman's Christian Temperance Union for teachers, in conjunction with a course in Physical Education at the University, given for college credit.

Too many business executives and professional men are to be found in the social drinking bracket. It is my personal conviction, based on experience and psychiatry, that our social drinkers actually cause more trouble of more kinds as a group than do the true alcoholics. Bourbonized judgment causes a loss of millions to investing stockholders. . . . That little drink, medically, is a narcotic drug substance and can be compared with a shot of morphine.—Dr. ROBERT V. SELIGER, Johns Hopkins University psychiatrist.

ALCOHOL: ESCAPE FROM REALITY

(Continued from page 106)

tionships, because he fears rejection. The bar-room relationships do not demand too much from him; he receives from them as much as he wants. Alcohol induces defiance and self-assertion, and raises self-esteem. The drinker says, "I have the courage to defy prohibitions and authority. I am somebody. I am worth something. I cannot be dominated."

Disappointment and Crisis Periods

A gifted and fairly successful writer had periods when he drank heavily. They would recur at intervals of three to eight months, and last from two to four weeks. During these periods he became belligerent and got into fights.

This man's drinking bouts always occurred after a disappointment, either with a friend or with his work. During his free periods he worked quickly, wrote voluminously, and he had a good market for his material. After years of such drinking he showed signs of chronic alcoholism. He refused all help, and nothing could be done for him.

The Mask That Conceals

Hinsie says: "Alcohol provides a mask that conceals the troubled mind. The schizoid individual may take alcohol in order to loosen himself up so that he may meet reality with less tension, less fear. Through its narcotizing influence, alcohol gives a temporary boost to the individual's desire to be sociable, to be unafraid of his inner self, to be unafraid of people, to feel less inferior before himself and others."¹

Creates Habit of Escape

"The danger in alcoholism is that it may become a general habit of escape that progressively makes a person less competent to face the real problems of existence and causes that person to use an escape with increasing frequency."

..

1. Hinsie, Leland E., M.D., *Understandable Psychiatry*, 321, 322.

Intoxication — Substitute for Religion

Dr. Symonds strikes at the heart of the problem of alcohol. Every person who indulges in escape from reality forms a habit pattern which makes him more and more susceptible to this form of escape. Habit patterns indulged long enough become strong, and eventually furnish their own self-perpetuating motivation.²

William S. Sadler, M. D., says: "Formal religion as a means of surcease for human tribulation has, at the present time, been largely displaced by alcohol. More people today seek emotional solace in the bottle than in the Bible. The cocktail hour has largely replaced the prayer meeting. Just at present, alcohol has assumed an ascendancy over religion as the immediate comforter of disturbed human emotions."³

Only by getting at the motivating factors can one proceed to help the drinker to help himself. Alcohol is a crutch used by a person who has not learned to walk on his own feet. He fails to realize that basically he lacks confidence in himself, and that his drinking is a false way to arrive at self-assurance. He fails to realize that his drinking is a blundering effort to cover up emotional immaturity.

The central problem must be that of re-educating the drinker. He has to learn that drinking is an unintelligent and unsuccessful means of seeking to handle life's difficulties. Seeking to meet life by drinking can lead only to complete disintegration.

Moderate Becomes Immoderate

It is true, of course, that there are sincere individuals who refuse to regard alcohol as an unmitigated mental-hygiene hazard. There are those who feel that alcohol used in moderation makes for social grace and fellowship. Such individuals say that we should train the public to avoid excess and to derive benefits from the use of alcohol. It is difficult, however, to define excess and moderation. Does not every chronic alcoholic initiate his

2. Symonds, Percival M., Ph.D., *The Dynamics of Human Adjustment*, 219, 220.

3. Sadler, Dr. William S., *Modern Psychiatry*, 520.

career of drinking by first imbibing small amounts, then increasing his daily dosage until he is no longer in control? No one knows when the moderate drinker, by virtue of stress situations, may become a victim to immoderate drinking. The moderate drinker is always subject to immoderation when harsh experiences confront him.

Mental Hygiene Calls for Abolition

Rosanoff, an outstanding psychiatric authority, urges the abolition of indulgence in all alcoholic beverages. He uses emphatic language when he says,

"From a mental-hygiene standpoint it can be said unequivocally that the use of alcohol as a beverage in any form should be abolished . . . Nearly three quarters of a century ago Charles Darwin made this statement: 'Through the long experience of my father and my grandfather, extending over a period of more than one hundred years, I have reached the conviction that no other cause has brought about so much suffering, so much disease and misery, as the use of intoxicating beverages.' Our experience since Darwin's time has borne out but too well the correctness of his emphatic statement."⁴

4. Rosanoff, A. J., *Manual of Psychiatry and Mental Health*, 776, 777.

BEN BINDER'S STORY

(Continued from page 108)

houses.

Ben's better days had been spent in the army and he had been a good soldier, too. A snappy, intelligent one with a bright future in the Military, when he joined in his youth and went out to the Philippines.

"But there ain't much to do week-ends in the Army, no decent entertainment in them days. All you could do was find a girl and get drunk. An' at paydays I always got drunk an' some native girl got my money."

That went on for years until Ben became a wreck and was discharged from the Army as a hopeless alcoholic. After this he took to the rods, roads and jails and finally landed on his brother's farm.

I suggested the "Keeley" cure. He'd tried that. I urged strong resolutions. He'd tried those dozens of times. Eat candy instead of taking a drink. No, that didn't work either. Nothing I could suggest had not been tried and had failed. How about a church? I had heard of people to whom religion gave the power to overcome the drinking habit. No, religion wouldn't work either. If it would, his brother, the Deacon, would have tried to help him long ago. Besides, Ben no longer believed in God, man, or the devil.

"You can't understand it, boy. It's something horrible. When you don't have it you think you'll go crazy, stark raving crazy, until you get it. It rips at your mind and shakes your whole body, until you finally break down and grab the first bottle you come to! I'd give anything on earth to be cured, but there ain't no cure for me!"

For several years I'd been urging Ben to try once more, because I felt that there was something worth saving in him, even if many others felt there wasn't. I knew there was sympathy and kindness and a big soul in that drunken derelict. Why I felt that way was because of Ben's pig.

An old spotted sow had farrowed a litter by the gate at the far side of the barnyard and women folks had hustled the piglets in a basket into the barn. But when Ben came in with the team that evening he found a little runt that had been missed and was cold, nearly dead. To put it with the active, husky pigs full of warm milk, would have meant its death. Everybody said it ought to be killed and put out of its misery, anyway. But Ben thought otherwise. He got an old shoebox and filled it with rags. He lighted some wood in the potbellied stove. He found a bottle and a nipple and warm milk and went to work on that tiny pig as if it were the life of his own child he was trying to save.

I looked at the limp little creature in the shoebox under Ben's stove and decided that the case was hopeless. But I was wrong. Not only did the pig live but it gave Ben something to live for, himself, and his attitude became changed.

In a few weeks it was amazing to see my friend going about wearing a smile with that little pig galloping and squeeling at his heels. Later it was amusing to see a big pig standing with his hooves on the second board of the barnyard gate grunting and wiggling all over with excitement while waiting for Ben, food and a good scratching with a corn cob.

And alas, the day that hog was butchered Ben broke down. It was as if somebody had stabbed his bosom buddy. They had shared the pigsty of this world together and understood each other so well! An aching void was left in Ben that never completely filled up again.

It was Ben's deep love for that spotted shoat that told me there was something good, and fine, and ideal in Ben worth saving, if only some way could be found!

Before I went off to college I dropped around to say "Goodbye" to Ben. I told him I still had hopes for him.

He shook his head and said: "There ain't much chance now, but if that law they're talking about that they call Prohibition passes, and it becomes the law of the land not to drink, I'll never touch another drop so long as I live!"

"That's funny!" thought I and so I answered, "Why?"

"Because there's only one thing on earth I still respect and believe in and that's my country! You can't stand at attention and salute those Stars and Stripes every morning and night for fifteen years and mean it like I did, without it doing something to you. You believe in its ideals of liberty, of right, of protection, of equality, of opportunity.

You love it, every inch of it, with its green forest, broad river, high mountains, level plains, its incalculable wealth. You love its people, every shade of them. And after you've seen the world—you feel that America is the only thing on earth worth dying for or worth living for. So I hope that law passes, and if it does, I'll be a changed man."

"I hope you're right, Ben! Good luck!"

So we parted and my heart sank, because I felt that Ben had gone crazy to think that any power, even that of patriotism, could save him.

But the law did pass, and when I came home from college S. A. T. C. in my wool uniform of olive drab, father said,

"You know, son, Ben Binder has given up drinking."

"I can't believe it."

So we let it pass.

A year later I came home from college in civilian clothes. The war was over. Father said,

"I just met Ben Binder on the street. He had decent, clean clothes on. He had his hair combed and he reported that he hadn't touched a drop in over a year. He wanted to be remembered to you."

During the second year after Ben's promise went into effect, father told me, on one of my visits from college, to get into the old Ford and we'd go up to see Ben.

"You know he's been working and saving his money." He bought an old three room house off North Main Street near the Fairgrounds. He's repaired the roof, painted the siding, rolled and seeded the lawn, set out flowers and shrubs, and the little place looks mighty nice. He's got a second hand truck to haul his tools in, and he's in the landscaping business. He tells me that he has lost completely his desire for drink!"

I wanted to yell, "Hallelujah!" for my friend, Ben, was really saved!

Unfortunately, when we drove up to that neat, little, white cottage in its tasteful setting, with its colorful flowerbeds and artistic shrubs, Ben was out on a job. And so I had to go back to college without congratulating him.

But our joy for Ben's salvation did not last long, because a few weeks later I received a letter from my father. Out of it fell a clipping from the local daily:

"Benjamin Binder, residing at 436 Cherry Street, collapsed in the center of town today and died at the Sammon Memorial Hospital. Physicians at the Hospital stated that for a number of years he had been suffering from fatty degeneration of the heart."

I had read what my premedical books said, and added: "—from fatty degeneration of the heart due to chronic alcoholism!"

Cocktail Parties

By Hugh Gibson

SOCIAL AND BUSINESS pressures being what they are, it's not surprising that people go to cocktail parties. But why they should enjoy them is another thing. Over long years I have had to go to hundreds of cocktail parties, but have seldom enjoyed them. When I did, it was not in the way intended by the host. With time I've evolved some protective devices which enable me to get through the ordeal with a minimum of anguish.

If you go to a cocktail party you must drink, or at least that is the theory. As soon as you arrive your host or hostess urges a drink upon you. If you make yourself obnoxious by saying that you don't care for one, that doesn't get you off the hook. You are on the defensive from there on. Host and hostess return to the attack every now and then. Every passing waiter or maid stops and offers you a drink. You shake your head with a friendly smile, and two minutes later they are back again—you can't expect them to remember all the faces in that milling crowd. As a matter of fact, they don't see your face at all, but only an empty hand into which they are hired to thrust a glass.

It took me some time to draw the obvious conclusion. Now on arrival I accept the first drink in sight. With a glass in one hand and some little horror skewered by a toothpick in the other, you are proof against all further persecution. You don't have to drink any of it, but now and then you can slosh a little on a passerby. And then, when about to leave, you can empty your glass in a potted plant and go your way, sober as a judge.

So much for the drink problem. The other chief difficulty is conversation. It does not take long to learn that, while conversation is an essential feature of the party, it is volume and continuity that really matter. You can

Condensed from *This Week Magazine*. Hugh Gibson is a former Ambassador of the United States to Belgium and Brazil.

relax and stop worrying about what you say. Nobody cares and nobody listens. In fact, nobody looks you in the eye while you are talking, save in darting, fluttering glances. The approved cocktail-party technique is for your vis-a-vis to direct his beam about one inch off your left ear and keep a vigilant watch on the entrance, to make sure nobody of interest or importance comes in unobserved.

Beyond greetings, I work under the handicap of not being able to think of anything important enough to shout about. Thank heaven there are many who do not suffer from the same inhibitions. They have an endless flow of what passes for conversation and by manoeuvring in such a way as to have one of them always in reserve you can get through a party hardly uttering a word.

One rule of the cocktail-party game is that the instant you are observed in agreeable conversation you must be interrupted and dragged off to talk with somebody you have been avoiding. The hostess must break up your tete-a-tete or suffer loss of face. No nonsense about inviting people to enjoy themselves. The basic idea is that they must be packed in to suffocation. The assumption is that people don't come to amuse themselves, but to see and be seen.

MODERN KNOWLEDGE justifies the belief that in health it is never a food in any sense, be the quantity large or small, but always a poison, biologically or physiologically speaking; in disease it is neither a food nor a poison, but may be a suitable and helpful drug.

It should be rightly called what it rightly is, a drug and not a drink; a narcotic and not a tonic. . . .

From a sociological standpoint we are compelled by incontrovertible evidence to acknowledge that it is of all causes the most frequent source of poverty, unhappiness, divorce, suicide, immorality, crime, insanity, disease, and death.—“Catholic Encyclopaedia” Vol. I, page 276.

A Study In Expenditure Contrasts

INCLUDING CRIME, GAMBLING, ALCOHOL

By Fred D. L. Squires

COMPARATIVE national expenditures for alcoholic beverages and for other products and purposes have been authentically reported for some 21 different items; they make possible an interesting comparative tabulation for the year 1950.

The figures given in this tabulation are as authentic as any estimates could be, each one accredited either by a Federal government statistical source, a specific signed authority in certain fields, or the nearest possible conservative figure attested to by competent research students in cases where information was not otherwise available.

A basis for constructive comparison for these figures of comparative expenditures is the total of "disposable personal income." The disposable personal income in the calendar year 1950 is officially estimated at \$204,261,000,000, nearly \$17.8 billions more than the figure for 1949.

Personal consumption expenditures for 1950 are estimated at \$193,568,000,000. The 21 items listed, totaling \$109,382,142,261.52 spent for the purposes noted, are, therefore, approximately 56.4 per cent of the total "disposable" income. In these 21 items alcoholic beverages rank fifth in total retail expenditures.

In these totals comparing 1948 with 1949, milk has shown a striking upward swing, displacing alcoholic beverages in rank of expenditures, so far as the published totals are concerned.

It is certain that expenditures for alcoholic beverages

From the *Union Signal*, Evanston, Ill., Vol. LXXVII, No. 44. Mr. Squires, for fifty years a keen student of the all-over aspects of the Alcohol Problem is Research Expert of the American Business-Men's Research Foundation, Chicago, Ill.

of adolescence carries with it economic loss and damage are understated, inasmuch as it is an accepted fact, both in trade and official circles, that there are large expenditures for illicit or bootleg liquor. This bootleg item may run from 10 per cent to 15 per cent of the expenditures for legally sold intoxicants.

This would obviously lift the alcoholic beverage total almost to the expenditures for milk and dairy products officially estimated by the Milk Industry Foundation in their reply dated July 11, 1951 to our inquiry.

In estimating the cost of alcoholic beverages, however, there is another angle that should not be overlooked by the statistically-minded student. This item, which continuously parallels expenditures for alcoholic beverages, is the economic loss and waste flowing from liquor-caused accidents, crime, destitution, inefficiency, absenteeism and other ills related to the use of alcohol.

On the basis of a conservative reckoning of alcohol costs appraised by the Massachusetts Commission on Alcoholism in 1945, it has been estimated that the economic, social, and personal damage resulting from the use and abuse of alcoholic beverages in the United States was not less than \$3.5 billion in the last calendar year.

Three other items, crime, gambling, and tobacco, carry within themselves the certainty of personal or public damage not included in the figures given. It is easy to see how the cost of crime causes a continuing human waste and damage that might be estimated in staggering economic figures, were the facts known.

Even more so is the menace of gambling. It causes not only a direct loss to those who "play the races" and other devices for tempting the susceptible but also decreased efficiency and dissipated character and mentality.

In the case of tobacco, serious students of that subject will agree that there is an additional byproduct of social, mental and moral loss involved, particularly in the case

of unwary youth whose addiction from the early years that cannot fairly be overlooked or neglected.

So it should be pointed out, as we study this tabulation, that in these four items alone there are "direct" expenditures of more than \$50 billion, with "indirect" losses of from \$5 to \$10 billion more. And all of this is diverted from expenditures for wholesome products and socially and economically constructive purposes. In other words, approximately 25 per cent of the total retail expenditures of the American people is now being annually consigned to purposes that carry with them anti-social consequences.

In this \$50 billions, plus, spent for anti-social, or at best non-constructive purposes, some startling comparisons are self-evident:

Expenditures for meat (showing a slight decline for the year) and for milk and dairy products (with their surge ahead to a new high) total slightly over \$20 billion, but together they total less than 40 per cent as much as that expended for the four socially destructive, or at least questionable, items.

Even the new high in expenditures for educational purposes, \$7,270,000,000, as authenticated by the Office of Education in Washington, stands in startling contrast to the \$50 billion expended for items either socially retarding or destructive. In other words we are paying out eight times as much to debase the minds of our citizens or meet the cost entailed by such debasement, as we are paying to promote intelligence and develop character.

But this contrast is not so striking as the comparison between the cost of crime and anti-social appetites and \$1,822,000,000, the amount expended for religious purposes last year, according to the Department of Commerce. In other words, "upwards of 27 times more money was spent for crime and sensual indulgence than for the spiritual regeneration of America's citizenship!"

1949-1950 NATIONAL EXPENDITURES

	1949	1950
Crime Costs	\$15,000,000,000	15,000,000,000*
Commercialized Vice	500,000,000	500,000,000*
Gambling	21,500,000,000	21,500,000,000*
Savings & Loan (Deposits)	4,373,000,000	5,307,000,000
Meat	12,400,000,000	12,000,000,000
PE Milk & Dairy		
Products	8,000,000,000	10,000,000,000 (a)
Alcoholic Beverages	8,550,000,000	8,760,000,000
Accidents	7,500,000,000	7,300,000,000 (b)
Education	6,600,000,000	7,270,000,000 (c)
Advertising	5,202,200,000	5,691,300,000
Tobacco	4,275,000,000	4,409,000,000
Bakery Goods	2,766,062,000	2,957,113,000 (d)
Religious & Welfare		
Activities	1,511,000,000	1,822,000,000*
Motion Pictures	1,350,000,000	1,320,000,000
Beauty & Barber Shops	1,023,000,000	1,050,000,000*
Cosmetics (1950 only)		503,754,135
Soft Drink Industry	1,000,000,000	1,000,000,000
Jewelry	1,273,229,919	1,304,775,126.52
Toys and Novelties	800,000,000	800,000,000 (e)
Flowers	650,000,000	689,000,000
Musical Merchandise	192,340,000	198,200,000

Total expenditures, alcoholic beverages

1934-1950 inclusive\$101,150,000,000
 Total cost to U.S.A., World War II 349,778,608,870
 Total direct cost of all U.S. wars, 1775-1945 363,832,234,713
 (a) The 1950 estimated output will probably be around 10 or 11 billion dollars.

(b) The apparent small reduction from 1949 is "due to change in the method of computing overhead, cost of insurance, etc."

(c) Increase "partly due to the large veteran education program and partly to increases in teachers' salaries and in expenditures for new buildings."

(d) Wholesale value only figure available. See source authentications which follow.

(e) Equivalent to an annual expenditure of \$5 per capita, whereas back in 1940 this volume was based on a \$1.80 expenditure per capita."

Anyone who looks with fear at the rising tide of Government expenditures, the steadily mounting national debt, and the pitifully small total of added per-

sonal savings in recent years, can hardly be blamed for standing aghast as he ponders these unbalanced contrasts of expenditures between constructive and destructive items.

But in all this consideration we should not fail to realize that "the loss and waste of these \$50 billions a year" should challenge the attention of moralists, "of industry, and of statesmanship as well."

Sixteen years of this steadily mounting outlay for crime, gambling, alcoholic beverages, and tobacco have meant a loss of hundreds of billions of dollars, enough to have paid off the national debt. Devoted to constructive trade for food, clothing and building, it would have thrilled our country with a mighty transfusion of national prosperity, increased demand for products, and promotion of wholesome social projects. These anti-social items should be considered seriously. It can no longer be deferred or postponed.

One fact is not to be overlooked, namely, that a great percentage of these anti-social expenditures are now being artificially stimulated and high pressured by completely misleading solicitation and propaganda advertising. That, of course, is mis-education of the public with a vengeance.

If that situation could be changed and such publicizing restricted or wholly banned, factual public education on these great evils would obviously stand a much better chance of reaching and convincing the multitude.

Certainly these comparative expenditures should be studied in the light of the Kefauver Reports, the rise of gangsterism, of the dope syndicates, and of political corruption in all of which liquor is inextricably woven.

The need for action to combat the growing menace of social drinking and the wide-spread belief that alcoholic drinks are a necessity at weddings, receptions and other social functions, were the themes of a state-wide Queensland conference of youth directors and representatives of various church denominations, recently, in Brisbane, Australia.

Alcoholic Cult in Political Pressure

IN CALIFORNIA, FOR EXAMPLE

By Franklin Hichborn

BEFORE Artie Samish learned the hard way that, for a lad in his position, boastfulness is a handicap, he was unwisely voluble.

His observation—to the warm place “with the Governor of the State; I am Governor of the Legislature”—may have sounded bold with “the boys.” But, in cold print, it proved a bit embarrassing. His boast of “50,000 outlets” through which he could reach voters tended to alert California. His announcement that, with a screw driver, he could remove the dome of the State Capitol, made good cartoon material.

But his unforgivable slip was his testimony that he watched the editorial policy of the newspapers of California. If he believed a newspaper was opposed to the interests of the alcohol beverage industry, he saw to it that no advertising was placed in that publication.

It is a poor stick of a newspaper that would not resent such scrutiny, censorship and discipline. The columns of our papers, filled with liquor advertising and at the same time critical of the traffic and of Samish himself, testify to the emptiness of the boast.

But with the publicity given the Samish methods, the liquor interests are obviously attempting a new order. The idea is to raise the dignity of the traffic, to prevent publication of incidents that adversely affect the traffic, to avoid mentioning liquor as causing auto accidents, juvenile delinquency etc.

So far as the press is concerned, these methods are not making much progress. Reports of auto accidents and deaths due to drunken-driving continue to fill news columns. But with public discussions, reports of study

Condensed from a news bulletin by Franklin Hichborn, Santa Clara, Calif., December 8, 1951. Mr. Hichborn has long been noted for his vigorous public opposition to graft and civic corruption.

groups, and service club presentations, the liquor lads apparently are more successful. The writer recently saw a report of a two-year study of juvenile delinquency in which no reference at all is made to intoxicants as a contributing cause. Members of the group, however, insisted on further study into all phases of juvenile delinquency, with particular emphasis to be given to causes. Such a study, it may be expected, the liquor defenders will oppose vigorously.

On Being Smart

By Dr. George W. Crane, Ph.D., M.D.

CAN anyone really be smart enough to drink moderately? In the first place, alcohol acts as a brain depressant and not as a stimulant.

People have said to me: "Why, Dr. Crane, how can you psychologists say that it is not an exciter? I know an individual who drinks and as a result becomes the life of a party. He can perform acrobatic stunts and reel off stories continuously."

That still is evidence of the depressing influence of alcohol. That boy was probably one of those shy individuals who was very hesitant to speak until alcohol had deadened his reserve.

Alcohol works like ether except that it is slower in its influence. When you go to a hospital to have your appendix removed and are placed on an operating table you begin to inhale the fumes of the anaesthetic. After you take the first deep breath, are you unconscious? No, certainly not. If you take your first swallow of liquor or beer, are you inebriated or intoxicated? Definitely not.

You take your second breath of ether. Are you out? Of course not. Neither does a second swallow of alcohol beverage put you out. You take the third inhalation of ether and you can still hear the doctor talking.

The third swallow of alcohol does not make you intoxicated. You take the fourth and so on, but with each succeeding breath of ether or sip of liquor your nervous

system is becoming correspondingly depressed. It works more sluggishly and your brain is progressively dulled.

When we consume alcoholic beverages we do not have to become intoxicated before our mental faculties and the speed of our reactions are affected. One of the greatest tragedies of alcohol is that it slows us down while we are still comparatively sober and are not aware that we have been slowed down.

Dodge and Benedict after years of study and experiment found that the body reflexes were delayed approximately 10 per cent even when small doses of alcohol which did not produce apparent intoxication were taken.

In other words, a driver under its influence approaching a red light places his foot on the brake at a speed of reaction 10 per cent less than he would have done had he been sober. At ordinary auto speed this would mean his car would travel approximately fifteen feet farther before coming to a stop. At higher speeds, common among those who drink, the distance would be even farther. Thus his car crashes half way through the intersection and an accident results.

Or perchance a factory worker, efficient at the punch press, has two beers at lunchtime and after lunch returns to his trade, still sober. He can walk a straight line. But this time he punches the end of his hand and loses his fingers. Why? Alcohol has slowed the reaction speed of his body reflexes. He wasn't drunk, but he was 10 per cent slow, and he didn't get his hand back in time.

Alcohol is thus one of the greatest causes of highway and industrial accidents. It is NOT smart to drink!

Not only does alcohol slow down our speed of movement, but it also slows down our intelligence. A sober individual may be classified in the intelligent college group mentally, but with each successive drink his mentality is lowered. After a drink or two he is in the slapstick comedy stage, and as he continues drinking he reaches the teen-age stage and finally gets down even to the kindergarten stage.

I was at a party one time shortly after the Kentucky Derby. The men and women were dressed in evening

clothes. One of the girls suggested they re-enact the Derby, so the men got down in their tuxedos and the girls in their evening gowns astride the fellows and they rode them back and forth around that ballroom floor.

Now, I ask, how old were your children the last time they said: "Daddy, get down on the floor and play horsey with me to-night?" That was approximately the mental stage of those drinking college students. They reached the kindergarten level mentally.

Alcohol depresses intelligence as well as the speed of movement. Consequently it is not only dangerous in high-speed factory work and on the highway; it is morally dangerous, for when the intelligence is slowed down individuals become more sheeplike and agree to anything that the ring leader wishes them to do. That is why in wartime alcohol is one of the frequent devices used in "pumping" spies. Alcohol is also the main contributing factor in a large percentage of venereal disease victims.

These are a few of the many reasons why any smart individual will never use liquor at all. There is no such thing as moderation with safety when it comes to narcotics like alcohol.

Alcohol is to be regarded very much as a baby rattlesnake. Someone may say: "Oh, isn't that a cute little reptile."

Cute little reptile! That rattlesnake is no different from the large one except in size. All he needs is time and he will be fully as dangerous, and that's the way it is with moderate drinking. As soon as a moderate drinker gets to feeling blue, or has family or financial difficulties, or wishes for some reason or other to anaesthetize his conscience, he doubles his previous dose of alcohol and soon is in the excessive drinking stage with his conscience relegated to limbo.

All this adds up two challenging facts. Total abstinence is the only safe way to avoid the evils which alcohol engenders; and a really smart, intelligent, and clever person, for his own good and for the good of others, will leave alcohol alone. It is dumb to allow oneself to be victimised by alcohol.

Clip and Return

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Very valuable ☐ Somewhat interesting ☐ Little value ☐

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Very valuable ☐ Somewhat interesting ☐ Little value ☐

3. Which article in this issue (February) is most valuable to you:

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THE INTERCOLLEGIATE ASSOCIATION

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February, 1952

135

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First	\$200
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The 30 prize winners will be announced Aug. 29, 1952 at the third annual Intercollegiate School of Alcohol Studies at Victoria College, University of Toronto, Canada. Those attending the School will receive their awards there while winners not attending the School will receive their awards by mail after Aug. 29. For details about the Intercollegiate School see p. 109.

For Full Information Write:

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FOR STUDY OF THE ALCOHOL PROBLEM
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THE INTERNATIONAL STUDENT

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APRIL,
1952

STUDENT

In This Number - -

Does Alcohol Aid Creative
Ability?

A Two-Weeks Unit at
Minnesota S.T.C.

A Major Health Problem

What Are We Going to Tell
Jean?

The Modern Approach to the
Alcohol Problem

Schools of Alcohol Studies
Supplement Each Other

democracy
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possibility"



A
Mid-winter
Project
State
Teachers
College
Bemidji,
Minnesota.
See page 143.

THE INTERNATIONAL STUDENT

April, 1952

Vol. 49, No. 5

Harry S. Warner, Editor

Purposes of The School

AT TORONTO, AUGUST 24-29, 1952

IN FULL HARMONY with the recent trend in many universities and colleges, that are now taking leadership in education on the Alcohol Problem, this **new-type** of Intercollegiate School has been organized, largely for college students and their leaders. It seeks to make possible **United Thinking** by students, their counselors, instructors and other teachers, for a **Week Together**, gaining understanding, and working out approaches that can be effective toward constructive action today.

This it seeks to do, with the resources and inspiration made available through the lectures and personalities of internationally known scientists and educational leaders on the problem—in daily contact, class-continued instruction, discussion groups, seminars and opportunity for personal consultation.

OBJECTIVES

To gain a scientific understanding of the Problems of Beverage Alcohol in Modern Life.

To seek and discover an objective basis from which to make intelligent decisions as to personal and social
(Continued on page 145)

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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Christianity in Contact

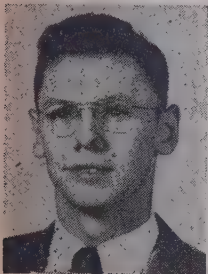
WITH SOCIAL PROBLEMS

By Donald A. Groskreutz,

Wartburg College '52, Waverly, Iowa

MUCH IS BEING done by the physiologist, the sociologist and the psychologist toward gaining an understanding of the problem of alcoholism. The same scientific approach is contributing to an understanding of and toward a solution of such social problems as immorality and crime.

At the basis of all of these efforts is a moral philosophy. In each of them there is the aim of changing society. Each of the problems with which they deal is a cause of unhappiness. Thus there is a certain unity in our social problems today, both in their nature and in their solution.



Donald A. Groskreutz

In analysing the problem of drink, we have sometimes dealt with it as if that were the only problem with which we are confronted — as if the solution to this problem were something entirely different from the solution to any other problem.

True, alcoholism is a disease — it gains control of the mind of the individual. But what about gambling? Crime? In all of these instances the individual finds himself swept away in some kind of an evil and no longer able to control his behavior efficiently and rationally.

The specific psychological maladies which are directly disorganizing the personality may be different, but

Donald A. Groskreutz attended the Intercollegiate School of Alcohol Studies at Cornell College, Mt. Vernon, Iowa, June 1951; he is a member of the National Council of the Intercollegiate Association.

do they not all stem from the same psychological frustrations and social pressures? And does not the solution of our problems lie in the removal of these underlying causes?

In short, it is my contention that the man who suffers from habitual drunkenness, as well as the man who has surrendered his will to the "gambling bug," has a spiritual problem. It is at this point that Christianity joins the psychologist in confronting the problem for a spiritual problem is a psychological one.

I mentioned that a moral code is at the basis of our attempts to solve these problems. A morality is based on a sense of values in life. Our values are produced by our religion. It is at this point that Christianity joins the scientist in working for the solution.

The Christian values must be brought into realistic contact with society. For we are dealing with people. We are dealing with their attitudes, with their philosophy of life. These people, even before the tentacles of alcohol have enveloped them, have confused values such as happiness and pleasure. They have sought excitement and feared boredom, without recognizing that the two are relative to each other. That has produced frustration, and this in turn has produced more energetic attempts at satiation in some wrong direction—in this instance through drinking.

Wrong values in life, until they are corrected, create terrific cycles which progressively degrade human character.

Much can be done to help this situation through a Christian-psychological approach. Comparing the causes of social problems will help. United effort on the part of our churches toward social betterment is necessary. In Christianity we have both the guide and the answer in solving these problems, for both are inseparably connected with the values we have in that religion, and the wrong values that form the problem.

A hangover is something to occupy a head that wasn't used the night before.—*Kitchener—Waterloo Record*.

Does Alcohol Aid Creative Ability?

By Harry S. Warner

THAT MILD stages of intoxication, in some mystical fashion give freer play to creative mental activities, is an impression that has prevailed for ages. It is found especially among the followers of writers, poets, dramatists, and it is fondly supported by some of these men of genius themselves. Biographers of great leaders, men of public affairs, statesmen, philosophers, industrialists, have echoed similar opinions as to the drinking customs of their heroes.

For ages alcohol has seemed to be an effective means of releasing emotions and abilities that are finer, more valuable, more profound or brilliant than they would be without its aid. Men of genius have counted on it, have employed and praised it. By inference and imitation vast numbers of men of ordinary or lesser ability have turned to it without question as an aid to whatever they desire to be or to accomplish.

However, the idea and its literary ideology are illusory, products of wishful thinking and subjective writing. Through all the history of great literary accomplishment, there has stood out another list of men, men of supreme ability whose creative activity has been clearly dissociated from wine and the wine cup; and yet others who have even questioned its value, described its excesses, and won their fame in spite of it.

Even in the period of heaviest drinking in England, when the custom was well-nigh universal, the list of non-drinking writers was disproportionately great. Among these were Milton, Shelley, Wordsworth, Southey, Tennyson. In modern times Bernard Shaw says: "Alcohol knocks off the last inch of efficiency which, in all really fine work, makes the difference between first-rate and second-rate." Helmholtz, the great physicist, writes, "The smallest amount of alcohol scares off novel ideas." And Schiller, German poet, says, "Wine never invents

AMONG THE MAJOR reasons why social progress has been so slow, is the fact that men have **drowned** their miseries in drink, instead of putting their wits to work to find **ways to cure** them.

—DURAND DRAKE, *The New Morality*.

Dr. Drake was Professor of Philosophy at Vassar College when this book was written.

anything." Behrens, art institute director, reported that after he quit drinking, "creative activity was more often present. Artistic intuitions were more regular and reliable."

It is not clear reasoning to infer that slumps in mental ability that transform an auto driver into a public menace on the highway will bring constructive aid to a thinker, a writer, an artist in the fine, creative work he seeks to do. And the scientific explanation is no longer in doubt.

The state of intoxication, increasingly, is a state of mental, emotional, and physical inferiority, brilliantly erratic though many of its devotees may be in its earlier stages.

Alcohol impairs constructive ability, rather than increases it. Depressing, as it does, the highest and most sensitive and complex of human capacities, the centres of man's intellectual and spiritual resources, it permits the lower and the more automatic to take control of the personality. The changes are marked in thought and conversation, in form of emotional expression, in receding self-control, in the replacing of self-observation and criticism by self-exploitation and exhibitionism, in displays of primary emotions, in confused mental processes, and in conduct inconsistent with the cultured character of the individual and his higher social standards.

Scientifically, Haven Emerson sums up the results of many scientific experiments: "Every test gave the same answer; the universal inferiority of human performance after the use of alcohol."

A Two-Week's Unit

AT BEMIDJI STATE TEACHERS COLLEGE

By Philip von Rohr Sauer

DURING THE first two weeks of February, 1952, all 140 freshmen at the Bemidji (Minn.) State Teachers College participated in a unit on alcohol education. This project was included in the regular freshman communication course, which stresses oral and written composition.

A special shelf of books, pamphlets and magazines was set up on reserve; the students were encouraged to use these as well as other available studies in the college library. All students were informed that the project was to be an objective inquiry, having as its aim the clarification of problems connected with alcohol.

Each student wrote an essay of 500-800 words on the topic, "Can Education Solve the Alcohol Problem?" In addition each one participated in a panel discussion on the same topic and listened to three other panels.

All students were informed that their essays would be submitted in a contest sponsored by the Intercollegiate Association for Study of the Alcohol Problem and would be eligible for international prizes totaling \$1700 as well as for local prizes totaling \$25.00.

These essays will be used also to determine the winner of the Fourteenth Annual Freshman Essay Contest at this college, since the English staff has agreed to combine the two contests. The winner of the local contest will be honored by having his name engraved on the Barker Freshman Essay Trophy, a bronze plaque in the library.

As part of the project the Radio Production Class of the college broadcast a dramatic radio skit "A Story

Professor Philip von Rohr Sauer is chairman of the division of languages and literature at Bemidji State Teachers College, Bemidji, Minn.

About Alcoholism" over Radio Station KBUN, Bemidji, on the evening of February 13 during the second week of the unit.

College officials and the administration encouraged the project and believe that it has been well worth the effort required since all freshmen have been made alert to the alcohol problem. The students themselves indicated that they had benefited, a typical comment being:

"It's a good idea because it makes students aware of the problem and also gives them a chance to express their ideas on it."

Main Facts in a Few Words

By Dr. Andrew C. Ivy,

Vice President, University of Illinois

1. CONSUMPTION of alcoholic beverages leads to wrecks and accidents on the highway. The most conservative estimate of the number of people killed and injured in traffic accidents as a result of drinking driving is 20%. A number of surveys, in St. Louis, Cleveland, and other places, indicate that about 50% of the traffic accidents are due to drinking driving, an average of about 33%. If we take 33% of the 1,500,000 people injured in 1949, we have 500,000. If we take 20% we have 300,000, injured by drinking driving.

2. Consumption of alcoholic beverages to the point of drunkenness is degrading to human reason and dignity.

3. Alcohol is a habit-forming, dangerous drug. A high percentage of chronic alcoholics started drinking as teenagers.

4. There is no way to discover an alcoholic until he is an alcoholic, and there is no cure for alcoholism except total abstinence. That is one of the facts that experience in the management of alcoholics over the last 12 to 15 years has established. The chronic alcoholic can never go back to moderate drinking again. If he does, within half an hour to six months he is back at the Skid Row level.



University of Toronto

PURPOSES OF THE INTERCOLLEGIATE SCHOOL

(Continued from page 138)

attitudes.

To develop thinking and education toward constructive service.

To advance the ideal of a Normal, Healthful Life, free from dependence on Alcohol, as a scientific and realistic objective.

To open for college students, their leaders, instructors and other teachers, an opportunity to gain objective and scientific understanding of the Alcohol Problem of Today, on which to make intelligent decisions as to attitude, action and constructive service, both as students and as citizens of influence and leadership in future public opinion, is the purpose of the Intercollegiate School of Alcohol Studies, August 24 - 29, 1952, in Toronto, Canada.

In the world situation of today, the problems of alcoholism and alcohol are becoming more and more acute—especially in recent years. The "Human Factor," Human Personality, always basic to existence and progress, is more so now than ever before in history.

Every person faces greater demands, to be able to function at his best.

For we who are living today must meet, in supreme test, the mechanisms and passionate drives of war and economic survival, many of them created by the ingenious use—or mis-use—of scientific knowledge itself.

In this life-or-death struggle, all of us should seek to be at our best. But how can modern men and culture be at their best while as many—or more—are casualties of Alcoholism as of War itself?

Therefore, to study—and use constructively—scientific information for the relief and prevention of alcoholism is not less vital to the immediate future of our generation than to learn how to use atomic energy to supply human needs rather than to bomb great cities.

Alcohol and Social Responsibility

IN CAPETOWN, SOUTH AFRICA

Expressing the conviction that the results of alcoholic beverages constitute one of the most vital issues in South Africa today, from economic, social and moral viewpoints, S. D. Smuts, of Capetown, believed that the total problem must be considered on a nation-wide basis and plan.

It is not enough, he said, to leave the bulk of the problem to the temperance organizations. It needs the co-operation of all who have the welfare of the nation at heart.

As a basis for such a plan, he recommended that the following approaches be explored:

(1) Nationwide effort to reduce the role of alcohol as a contributory factor in traffic accidents.

(2) Scientific alcohol education to embrace all levels of the community.

(3) Rehabilitation of the alcoholic.

(4) Personal responsibility in regard to the control of the manufacture, sale and distribution of alcoholic beverages.

A Major Health Problem

By H. David Archibald

ALCOHOLISM poses a major health problem in Ontario. In this province of five million people a large but unknown number have developed an insistent craving for alcohol; and its effects, with physical, psychological and social consequences, are so great as to constitute illness.

The first known attempt to approach the problem in a therapeutic way was in 1902 when a committee of influential citizens started "The Ontario Society for the Reform of Inebriates." This Society believed that "alcoholism is a disease for which justice, without the helping hand, is no cure." A report, September 7, 1912, noted that "In the past 10 years the Society passed 1,000 men. About half were completely cured."

History

This Society was the forerunner of the present Ontario organization, "The Alcoholism Research Foundation." The history of this Foundation dates to the passage of a bill by the Ontario Legislature in 1949, that officially established the Ontario program of research, education and treatment in the field of alcoholism.

The passage of the Bill and the present organization are the result of the work of a number of agencies. Alcoholics Anonymous had been urging the Government to provide them with hospital facilities for their potential members. The Department of Research of the Liquor Control Board of Ontario, as a result of work in the field of alcoholism, recommended that a program be established similar to that in Connecticut. A group of Government officials were invited to a conference with the staffs of the Yale School of Alcohol Studies and the Connecticut Commission on Alcoholism. Temperance or-

Mr. H. David Archibald is Executive Director of the Alcoholism Research Foundation, Toronto, Ontario. As an expert in the treatment and care of alcoholics he will be a speaker at the Intercollegiate School, Victoria University, August 24-29.

ganizations in the province, were urging the Government to "do something for the Alcoholic."

Finally, a committee, appointed by the Government, presented a detailed plan of medical organization for an effective program. These, and other more subtle factors, prompted the Government to act.

Program

The Act of Legislation, passed in 1949, empowered the Foundation to (1) conduct and promote a program of research in alcoholism, and (2) conduct, direct and promote programs for (a) the treatment of alcoholics, (b) the rehabilitation of alcoholics, and (c) experimentation in methods of treating and rehabilitating alcoholics.

In addition, the Act states that for the furtherance of its objects the Foundation may (1) establish, conduct, manage and operate hospitals, clinics and centers for the observation and treatment of, and for consultation with, alcoholics; (2) enter into agreements with (a) hospitals and other institutions for the accommodation, care and treatment of alcoholics, and (b) universities, hospitals and other institutions for research in methods of treatment of alcoholics; and (3) make grants to the above institutions for the purposes of carrying out such care, treatment and research.

Organization

Although financed by the Provincial Government, through the Department of Health, the Foundation is a self-governing body with its own Board of Trustees, composed of two lawyers, one social worker, one magistrate, one publisher and five business executives. All policies are set by the Board. A full-time executive director is responsible for implementing these policies, and coordinating the whole program.

To assist in the development of a sound professional program, a Medical Advisory Board has been appointed. The chairman of this Board is the Dean of Medicine of the University of Toronto and the members are professors from the medical schools of the universities throughout Ontario. The terms of reference of the Medical Advisory Board are: (a) to select and nominate all professional employees of the Foundation; (b) to advise

on all policies concerning research, prevention and treatment of alcoholism; (c) to advise on all matters relating to the admission, transfer, investigation, and treatment of patients at the clinics and hospitals associated with the work of the Foundation.

The professional status of the members of the Medical Advisory Board places the Foundation in a favorable position to carry out one of its fundamental tasks of educating the medical profession throughout the province in methods of treating alcoholism. This work has already started, and will increase in scope as the program develops.

Activities of the Foundation

Outpatient Clinic—The crucial focus of the treatment organization is the outpatient clinic in Toronto. Any person having a problem with alcohol, and sincere in his desire for help, may seek assistance through the central clinic. It is understood that "problem with alcohol" refers to those whose use of alcohol to excess interferes adversely with their daily lives.

The professional personnel of the Clinic is composed of two psychiatrists, one of whom is clinic director, a general physician, and a social worker.

The patient, upon entering the clinic, is met by a receptionist and taken to the office of the social worker, whose function is to describe his condition. The patient's next interview is with the psychiatrist who, in addition to psychiatric treatment, frequently gives a thorough physical examination. Following this, a staff meeting is held and a plan of continuing treatment is decided upon. Whenever possible the husband or wife is encouraged to attend the clinic and discuss with the social worker the problems associated with the patient's illness.

The general physician is used for diagnosis in cases where the patient is acutely ill and cannot visit the clinic. He does not treat the patient in his home, but visits, within limits of available time, for the purpose of deciding if the organization can be of help to that patient, and which service should be recommended.

Emergency Treatment Services—The Foundation con-

siders the acutely intoxicated alcoholic as a medical and social emergency. To provide immediate treatment for the stuporous patient, two beds are maintained in each of two general hospitals. These hospitals are used by the University of Toronto as teaching hospitals. A 24-hour service is given.

One staff member in each of the hospitals is responsible to the Foundation for the treatment of patients admitted under this plan. During the stay, a plan for continuing treatment is formulated. This plan may include referral to the outpatient agency or clinic. If, after the three-day detoxication period, further inpatient treatment is needed, the patient will be referred to the Foundation's own hospital.

In-Patient Convalescent Service — The Foundation owns and operates a 21-bed convalescent hospital on the outskirts of Toronto. Patients are admitted to this hospital from the clinic or the general hospital. The professional personnel of the hospital consists of an internist, who is medical director, a psychiatrist, a head nurse, and four psychiatrically trained nurses. In addition, a member of Alcoholics Anonymous, spends half time at the hospital and works with patients who are referred to him by the medical staff.

During convalescence, which lasts from 5 to 14 days, the patient is given physical treatment and psychotherapy. "Antabuse" is being used in approximately 5 per cent of the cases.

Upon discharge, the patient is referred to the outpatient clinic, Alcoholics Anonymous, or both. Follow-up treatment is arranged through the clinic.

Research — In addition to the continuing research on the treatment of alcoholism within the organization, \$40,000 of the original grant has been set aside to finance specific projects in the universities of Ontario. A research committee under the Medical Advisory Board screens all applications for grants under this grant-in-aid scheme.

Some of the projects being financed at present are conducting research on (a) liver disease in alcoholic

patients, (b) cultural and social bases of drinking habits, and (c) group factors in Alcoholics Anonymous.

It is anticipated that the research will be gradually expanded throughout the universities in Ontario. Each year, approximately 25 per cent of the total budget will be earmarked for this work.

Education

The basis of the proposed educational program of the Foundation is three fold: (a) to help alcoholics recognize their illness in progressively earlier stages; (b) to teach professional people as much as possible about the illness and the ways in which the alcoholic can be treated; and (c) to teach the youth and adults in Ontario facts about the problem. With a sound presentation of relevant information, along with a rehabilitation program, old attitudes and useless activities will gradually change to a healthy, constructive approach. This is basic to any lasting solution of the problem.

During 1951, the Foundation mailed 7,000 copies of a pamphlet describing its services and the procedures to be followed in referring alcoholic patients for treatment. The mailing list included physicians, social and welfare agencies, women's clubs, hospital groups, and so on. Five radio programs, two of them on the national network, were sponsored. The press, national and local, carried several feature stories. In general, a totally favorable response to these efforts has been indicated.

The Foundation plans to develop a more complete and coordinated program of education. The following are some of the contents:

1. A sustaining radio program will be sponsored during 1952.

2. Selected materials will be placed in the public and school libraries.

3. A local information center will be opened in connection with the outpatients clinic.

4. A special edition of the Journal of the Ontario Medical Association has been printed and distributed to the profession in Ontario.

5. Special lectures for the medical students at the University of Toronto are being given by the clinic staff.

What Are We Going To Tell

JEAN?

By Carol Catherine Clark,

Seattle Pacific College, '54

THIS AFTERNOON, Jean's mother, Mrs. C., was buried. Jean isn't her real name, of course, but she is my closest friend. I attended the funeral, and as I listened to the lovely music, I kept remembering Jean's bitterness.

Her mother was neither old nor ugly. She was lovely, and the mother of two teen-agers. However, when her husband was taken to a tuberculosis sanitarium, she began drinking. Alcoholism killed her. Who is to blame, Mrs. C. or society?

Some people are weak. They know what alcohol does to their minds and bodies; they know that it can ruin their lives and perhaps **take** them. But the alcoholic is almost helpless to fight, and often does not want to for it is an escape.

If we could ignore the death and heartache of alcohol, we would still have staggering statistics to convict it as a monster. Figures show that alcohol is a cause for the mental overthrow of one-fourth of all insane asylum inmates, the moral delinquencies of at least half of the convicts in our prisons, jails and workhouses. According to the National Safety Council of America, \$120,000,000 is inebriety's annual contribution to preventable accidents. Private relief agencies — \$22,000,000; mental and general hospitals for custody, care and treatment of bodily injuries — \$31,000,000; local governments for jail

Slightly abbreviated from a paper by Carol C. Clark, Seattle, Washington, a student at Seattle Pacific College, that won a fifth place and cash prize in the 1951, National Editorial Contests of the Intercollegiate Association, sponsored by Logan H. Roberts of Yakima, Wash.

"This editorial is written," said Miss Clark, "in memorial to Jean's mother, who actually lived—drank—and died. She was a wonderful woman. Personality, beauty, popularity, every luxury a woman could have, a fine husband and two beautiful children."

"drunk-tanks" — \$25,000,000; etc. These unbelievable figures bring the total economic waste directly traceable to alcoholism to well over \$1,000,000,000 a year.¹

We regulate dangerous drugs and quarantine contagious diseases. Yet this most dangerous drug, this most contagious disease, is allowed to go on taking its toll of lives, happiness and efficiency.

What are we going to do about the problem? Are we going to destroy every grain of malt, uproot every hop vine and bitter, ostracize every fat, purple grape, smash every aged bottle in the millions of dark, musty wine cellars, and burn down every distillery that produces that internationally popular drink, beer? Prohibition was tried and repealed.

Force alone, evidently, is not to be the weapon against the dragon, drink. Education has informed us of the dangers, but liquor flows on. Our last hope seems to rest with society. The individual, if weak or unhappy, still drinks. His family and society share in the price he pays. Society has a right to demand better returns for its money. When are we going to start dealing with this matter as though we meant business? When is society going to wake up?

Jean's mother was beautiful even in her casket, but Jean's white face still haunts me. It was marked not only with her grief, but with shame and bitterness. She still can't "figure it out" — what was at the bottom of all the sorrow that has darkened her young life. She doesn't know who or what to blame. She's coming over this evening. What shall we tell her?

¹Joseph Hirsch, "Alcoholism—A Neglected Malady," *New York Times Magazine*, April 10, 1949.

The fact that alcoholics in America are increasing at the rate of more than 50,000 per year, and that problem drinkers are increasing by more than 200,000 per year, should make all citizens aware of an acute problem. This in spite of the high death rate among alcoholics and all new and effective curative efforts. (Authority for figures—Yale School of Alcohol Studies.)



A Quadrangle at Yale University.
Where most Yale Schools of Alcohol Studies are held.

The Modern Approach

Is Based on Scientific Knowledge

By Harry

CONTRIBUTIONS

From the Yale School of Alcohol Studies

THE SPIRIT of scientific inquiry that seeks and tests knowledge, then makes it available to the public, objectively, has been coming into public discussion of the Alcohol Problem anew, since the first Yale School of Alcohol Studies brought the scientific method to the front in 1943.

Accurate scientific knowledge, kept up to date by constant research, is an essential basis for education, rehabilitation of the alcoholic—and real understanding.

The human factor, the personal victim of drunkenness, now has center-stage attention as "the Alcoholic."
(Continued on page 156)



The Medical School, Loma Linda, Calif.
Where Institutes for Prevention are held.

The Alcohol Problem

— and Its Use in Service

Warner

CONTRIBUTIONS

From the Institute for the Prevention of Alcoholism

A REASONABLY FULL understanding of all basic knowledge relating to alcohol and its effects on human living, is necessary as a base in constructive activities—education, improvement, ultimate solution.

The results of recent research, as well as the accumulated knowledge of earlier years, are to be taken into account in education and directed toward prevention and amelioration.

The results of modern scientific study can and should be accepted and used to all constructive ends, as well as rehabilitation of the alcoholic. The highest scientific
(Continued on page 158)

CONTRIBUTIONS FROM YALE

(Continued from page 154)

In re-discovering this ultimate victim, the reality of heavy drinking personality stands out as it did 150 years ago, when questioning of "hard liquor" first became a movement; "the drunkard" of that day is "the alcoholic" of today.

The concept that an alcoholic is "a sick man" who needs help, not just a cell in a jail, is not wholly new, but it has received scientific support in recent research. This humane approach is now regarded as basic, in scientific interpretation, whatever the circumstances, personal and social, that may have brought him into alcoholism.

The "sick" condition of the alcoholic may be a consequence, almost wholly, (1) of his inner personal disorders, emotional conflicts, mal-adjustments to reality or to those about him, to which alcohol has been added; or (2) it has grown during his years of heavy drinking. In a little less than 50% of alcoholic cases, the main factor is the former; in slightly more than 50%, the latter.

The realism made vivid by the A.A.'s, that the heavy inebriate is unable alone to do much for himself, that he can be saved, that he is worth saving, has received substantial scientific support from Yale and similar research centers.

Intoxication, rather than poisoning of the cells of the body is now seen to be the outstanding characteristic of drinking. Alcohol as a sedative, or anesthetic, sometimes as a narcotic, affects first, last and fundamentally, the central nervous system; it disturbs the functioning of the mind, to minor, medium, and major degrees.

While the scientific method and scientific research are slow in maturing, they bring new information to the public. But the public requires action, wants to apply the

knowledge that science brings. Therefore, it must use the knowledge it has at a particular time; it can not, should not, delay while science is taking its slower course toward ultimate ends.

New understandings, once developed, are vitally important. For example, the fact, now well established, that it is disturbance to the functioning of the mind, rather than injury to the body, that raises the serious question about the use of alcohol, is most significant. It has direct bearing on every aspect of alcoholic drink in modern society.

Thus it appears, that the qualities of man that have developed latest in human evolution—those that distinguish man from animal—his highest capacities of mind and spirit, are the first to deteriorate from the continued action of alcohol in the central control system.

Alcoholic sickness, Alcoholism, is now a problem of Public Health—one of the greatest of modern times. Psychiatric, medical and health experts are giving it attention as never before in history.

The Social Tradition of “drink” is a serious scientific fact. It is imbedded in the folk-ways, customs and sanctions of certain groups and nationalities. It is a basic source of the desire for alcohol in modern culture.

The Yale Idea has initiated a new series of clinics for the treatment of alcoholics and educational activities to aid prevention and recovery from alcoholism.

It is now clear that the personal condition of the drinker—his inner disturbances etc., is not alone the cause of alcoholism. Without social approval or pressure from his surroundings, he would not often take to alcohol. As Dr. Donald Horton, Professor of Anthropology at Yale University, said in his analysis of drink motives at the first Yale School:

“The significant point is that motive is not explana-

tion enough. There must be a social and cultural situation which provides occasion and some degree of permission before the neurotic can even begin the process of becoming an alcoholic." Many statements by Jellinek, Bacon, Meyerson, Dollard and others agree in general with this understanding. The part that group attitudes and trade promotion play in the start and growth of alcoholism in people with emotional, nervous and other inner mal-adjustments cannot be shifted to the individual himself.

Finally, as a sequence to Yale leadership, there has developed a series of Institutes, Summer Schools of Alcohol Studies, Seminars, Conferences, sponsored by Universities and other high educational and scientific leadership throughout the United States and Canada.

CONTRIBUTIONS FROM LOMA LINDA

(Continued from page 155)

lecturers in these schools and institutes have included in their discussion the main information that has come from study and research at the Yale School, its associated laboratories, the Rutgers survey and similar studies.

To the concept that the alcoholic is "a sick man"—that his condition is related to his own neurotic or other inner condition—the Pennsylvania School and the Loma Linda Institute have added the observation that, in almost all cases, there has been a period in the history of the alcoholic, at which a personal choice was made; that choice, and responsibility for that choice in the early stage of acquiring dependance on alcohol are inescapable to all except the very ignorant and deeply neurotic.

The inebriate and the alcoholic are products of the usual, normal trend in social drinking. This trend may be retarded, restrained, often controlled by counter social sanctions, by group pressure against "excess," and other influences, but never eliminated. From every drinking group of youth of 15 to 20, one or more are certain to become alcoholics.

Scientific research has not been able to find a line at which drinking ceases to be "moderate" and becomes "excessive." Taking into account both personal and social factors, there seems to be no such line. Experience and study both show that the effects of alcohol on the centers of control are progressive, usually by unnoticed degrees. The scientific way to be free from the pressures of the drink trend is not to begin.

Care for the alcoholic, concern for his family, the rehabilitation of both alcoholic and his, or her, family, and cooperation with such understanding agencies as the A.A.'s, the Salvation Army, the clinics and hospitals for inebriates, are considered at all preventive institutes and schools.

Advertising propaganda by the liquor trade constitutes a powerful counter-force, excessive today in cost and spread, against unbiased, objective and scientific education in the schools and the public.

The economic gain that comes from the production and sale of alcoholic beverages, in large part, is a profit from the exploitation of disordered human personality, emotional disturbances inherited or acquired, absence of care and love in childhood, adolescent fears and inhibitions and the crises of later life. By providing a fictitious — anesthetic — relief to millions, it permits the sources of "alcoholic illness" to remain in full force as markets for future sales.

Wide spread social drinking initiates, among the nervously depleted youth of all ranks, in their teen ages, the habit of counting on "drink" for the "kick" or relief it seems to give. Social custom, and in some groups, fashions, then continues the practice until the un-known border of drunkenness has been reached and crossed.

Because of its far-reaching effects, as related to public health, safety and family welfare, the habit of drink can never be wholly a personal matter; it is basically social.

Progress toward prevention of such concrete aspects as drinking driving, ordinary drunkenness, growth of alcoholism, disposition of the alcoholic, his rehabilitation, crime committed while intoxicated, depleted homes, liquor-bogged family budgets, implies the necessity of putting community welfare above personal gratification.

Social customs and the personal influence of those who are themselves under these customs, are the agencies that initiate drinking among youth, usually in the early teens, thereby starting the nervously disordered into life habits that tend toward alcoholism.

The Institutes and Schools that have prevention as an objective, regard spiritual motives and inspirations as vital forces in constructive action. Recognition of God in human living and a sense of dependence on Him in times of stress, are regarded as the natural outlet for the tensions and strains of life that, for many, are found in the anesthesia of alcohol.

Modern advertising propaganda has, and is having, a dominant part in keeping active and enlarging the traditions and social customs that initiate and support both moderate and heavy drinking. The recent spread of drink fashions, promoted by the expenditure of millions of dollars in newspaper, magazine, radio and television advertising has become an obnoxious and persistent means of increasing the number of those who, sooner or later, become alcoholics.

Industry has become alarmed at the mounting costs due to the use of beverage alcohol. These costs have now risen to several billions of dollars annually, due to preventable accidents, alcoholism, unnecessary absenteeism, etc., representing a needless waste of man power, efficiency and money.

A total of one million American are dead, due to automobile accidents, according to the National Safety Council. It is indicated that liquor is involved in at least 20% of such fatalities. Therefore, 200,000 people have died in traffic accidents who might have lived had liquor not been involved.

Where Agreement Seems Clear

THE COMING of greater educational activity and university leadership into the general movement to understand the problems of alcohol in human living, has given it new force, and dignity. It has brought wider recognition of the complexity of the problem, and of the need for effective action at all the sources of the whole problem.

That science alone can not solve the problem. "To those who believe that the only solution lies in science," said Dr. E. M. Jellinek, at the first Yale School of Alcohol Studies, "I would say that they go beyond what the seasoned scientist believes. Solution can come only from the citizen. But the scientific facts, and particularly scientific thinking, may aid the citizen in finding solution."

Systematic education in the schools—high and low—must be objective, scientifically accurate and in accord with modern methods and principles of education.

A long-time popular educational and propaganda movement among adults, will be required to change the social customs and traditions that lie at the sources of heavy drinking and alcoholism.

Scientific information, accurate and up-to-date, provides the most dependable basis for:

- (1) Educational activities, public, and in the schools;
 - (2) Interpretation of the total alcohol problem;
 - (3) Programs of rehabilitation and prevention.
-

Care of the alcoholic, and his treatment, generally, can be accomplished most effectively by those who know him best, such as the A.A.'s, and those who have technical training, psychiatrists, doctors, ministers with special training, clinics—a specialized service to the ultimate victim.

The Schools of Alcohol Studies

SUPPLEMENT EACH OTHER

By Edward B. Dunford, L.L.D.

AS I VIEW IT the Yale School of Alcohol Studies sought objectively to find out why the large number of people who use liquor do so, in spite of its known narcotizing effect and the relation of the use of alcohol to crime, industrial and traffic accidents and other anti-social manifestations. It is not the function of a research institution of the Yale type to preach any kind of philosophy, but to seek through science the facts which cause and continue the problem.

I assume that the Yale faculty would agree that persons who never use liquor will not become alcoholics. That is undisputed. But why do so many people use alcoholic beverages which have inherent narcotic qualities, when their use is often attended by the anti-social manifestations referred to above, despite abstinence teaching, and what can be done to prevent the evils arising from their use? That is the problem presented to a research institution such as Yale.

On the other hand, there are social agencies, such as the church and temperance societies, who see ever about them a tremendous social problem. They have an urge to do something immediately to alleviate the situation. They must use the tools already at hand. They can sit by complacently and do nothing until such time as the scientist finally evolves the one hundred percent effective solution. These groups know that they are on certain ground when they teach that if people will abstain they will neither become alcoholics nor cause any of the other

Dr. Edward B. Dunford, Attorney, Washington, D.C., high specialist in study of the constitutional and legal aspects of the Alcohol Problem, has been a constant lecturer at both the Yale School of Alcohol Studies, since its inception, and at the various Schools that seek prevention and final solution. This has given him an unusual opportunity to study the significance and accomplishments of many of them. This article is condensed from *The Scientific Temperance Journal*, Winter, 1951.

social damage arising from even moderate drinking.

In the light of present knowledge, they believe that by conducting schools, designed to teach abstinence, they are making a contribution to the amelioration of drink-caused conditions in just the proportion to which they can convince youth and adults to share their conviction that the non-use of liquor will prevent abuses arising from alcoholic drinks. Experience has shown that they will not succeed in convincing all the people. On the other hand, history suggests that more people have been persuaded to refrain from the use of liquor today than was the case a hundred and fifty years ago. . . .

The Loma Linda Institute in its curriculum presented not only the scientific evidence regarding the effect of liquor upon the human body and mind, and upon the body politic, but also directed its teaching toward a definite objective, namely, that of persuading people to accept the view of abstinence as the best program for the individual, but without attempting to be dogmatic or coercive in its approach. . . .

Of course, such a school can never take the place of a distinctly research institution such as Yale is seeking to conduct, for both approach and conduct are different. If the Yale school did nothing more than to stimulate a public interest in the need for more adequate scientific care for the victims of alcoholism, it would have made a great contribution to the sum total of the effort in this whole realm. For centuries we have done nothing with the alcoholic except commit him to jail without adequate provision for his treatment. I am highly gratified that some beginning is being made to do something constructive in this field. I do not think for a minute, however, that any program that deals only with the end result of the liquor problem confers any full or complete answer to this age-long incubus.

For my part, I welcome any honest undertaking by any group to find a more adequate method of dealing with drink-caused evil. One of the great things to be desired is more tolerance of the viewpoints of other groups among those who are working in this field.

Questionable Factors In Alcohol Promotion

By Fred D. L. Squires

ADVERTISING liquor is not an inherent right, because 'there is no inherent right in a citizen or anyone under the jurisdiction of the United States to manufacture or sell intoxicating liquor for beverage use,' " it was pointed out by R. H. Martin, Chairman of the Committee against Liquor Advertising, at a conference in Washington, January 28th.

The reasons for this situation are that "The product of the liquor business is different from practically every other line of business product in this country. As the Supreme Court of the United States ruled in the famous *Crowley vs. Christianson* case, 'There is no inherent right in a citizen . . . to sell intoxicating liquor by retail . . . as it is a business attended with damages to the community.' Other decisions have declared that the business menaces 'public morals and public safety'."

"It is responsible," said the Supreme Court of Iowa, "for more want, pauperism, vice and crime, and public expense than any other cause." In the words of the Supreme Court of Kansas, "It weakens, corrupts, debauches, as well as slays character and human life."

Increases Sales

"Liquor is not spending over \$200,000,000 a year in advertising for altruistic purposes, nor is all their advertising brand advertising. For example, in 1951 the United States Brewers Foundation spent over \$1,000,000 in its "Beer Belongs in the Home" ads—advertising not any **one** of more than 500 brands of beer, but beer, as beer.

"The Wine Growers Guild also spent hundreds of

Fred D. L. Squires is Research Secretary of the *Union Signal*, Evanston, Ill., and the American Business Men's Research Foundation, Chicago. This article is condensed from the *Union Signal*, March 1, 1952.

thousands of dollars in advertising — not particular brands of wine — but wine; and the Licensed Beverage Industry, a united front organization for the liquor and wine industry, also spends hundreds of thousands of dollars in advertising their product in general," says Mr. Martin.

Chairman Martin starts his survey of the year by reporting the brewery industry's announcement July 23, 1951, "The nation's brewers will invest \$100,000,000 in advertising in 1951." The Research Company of America, which made the investigation of the brewers' program, reports that approximately 20 per cent will go into each of the following media: newspapers, radio, outdoor and point of purchase, and that TV and other media will make up the remainder of the year's budget for the brewers.

According to the report, beer advertising last year averaged \$1.20 per barrel for the eighty three million barrels consumed in the United States. As an indication of what hard liquor makers think of advertising, it was noted that four distillers — Seagram, Schenley, National Distillers, and Hiram Waker — spent a combined amount of \$34,815,635.00 in newspaper advertising in 1950.

The report points out a new and reprehensible trend—a "step-up in pre-Christmas liquor advertising," in these words:

"While it is not true of all publications which accept liquor advertising, the pre-Christmas liquor advertising of many of them is from two to three and even more times that of other issues. As examples of this, we give the total revenues for the year and the revenues for two issues preceding Christmas for **Life**, **Time**, and **Collier's**.

Pre-Christmas Liquor Advertising

	Total Revenue from the 52 issues, 1951	Revenue from the 2 issues just before Christmas	% pre-Christmas liquor advertising is of total liquor revenue
Life	\$9,912,081	10% plus	\$983,990
Time	2,914,880	11-3/4%	339,840
Collier's	3,343,315	10-3/4%	320,630

"A study of the above will show that the revenue of **Life's** two pre-Christmas issues totaled almost \$1,000,000 which is one-tenth of the total liquor revenue of the 52 issues of the year.

"The pre-Christmas revenues are 2-1/3 times as much as the remaining issues. The percentage is slightly higher for **Time** and **Collier's**.

Referring to liquor advertising in magazines, the report lists seven nationally known that have a total circulation of 21,555,055, and the pages of liquor advertising in each for the year 1951, as follows: **Life**, 421 pages; **Time**, 328 pages; **Fortune**, 95; **Collier's**, 279; **Look**, 102; **McCall's**, 9; **Woman's Home Companion**, 8.

On the other hand, the report had a list of magazines and newspapers that decline to take alcoholic beverage advertising. It includes Magazines: **Readers Digest**, **Ladies Home Journal**, **Saturday Evening Post**, **Better Homes and Gardens**, **Good Housekeeping**, **American Home**, **Country Gentleman**, **Capper Household**, **National Geographic**, **Capper Farmer**, **Parents Magazine**, **Pathfinder**. Newspapers . . . **Chicago Daily News**, the **Gannett Chain** of 24 newspapers and the **Christian Science Monitor**. The twelve magazines have a circulation of 37,118,934; the newspapers, a circulation of 1,774,456.

The 24th International Congress Against Alcoholism will be held at the Sorbonne, Paris, September 8 to 12, 1952. The United States Government has been officially represented at this Congress on numerous previous occasions.

Anyone can become an alcoholic. All he has to do is to keep to drinking. This is the statement of Dr. R. G. Bell, medical director of the Shadow Brook Health Foundation near Toronto, before the first International Conference of Psychiatry, at the Sorbonne, Paris, France, recently. "Anyone can become an alcoholic," said Dr. Bell, "and, when he has, there is no known cure for it, and possibly never will be. The only way to stop drinking is — to stop drinking."

Tests in The Progress Of Drinking

IF YOU ANSWER "Yes" to any of these questions, there is a definite warning, you are in danger of becoming an alcoholic. If you answer "Yes" to any two or three, the chances are you are an alcoholic. If you answer "Yes" to more than three, there is no doubt about it. You are one.

	Yes	No
(1) Do you ever lose time from work due to drinking?	()	()
(2) Is drinking making your home life unhappy?	()	()
(3) Do you drink because you are shy with other people?	()	()
(4) Is drinking affecting your reputation?	()	()
(5) Have you ever felt remorse after drinking?	()	()
(6) Have you gotten into financial difficulties as a result of drinking?	()	()
(7) Do you turn to lower companions and an inferior environment when drinking?	()	()
(8) Does your drinking make you careless of your family's welfare?	()	()
(9) Has your ambition decreased since drinking?	()	()
(10) Do you crave a drink at a definite time daily?	()	()
(11) Do you want a drink the next morning?	()	()
(12) Does drinking cause you to have difficulty in sleeping?	()	()
(13) Has your efficiency decreased since drinking?	()	()
(14) Is drinking jeopardizing your job or business?	()	()
(15) Do you drink to escape from worries or troubles?	()	()

- (16) Do you drink alone? () ()
- (17) Have you ever had a complete loss of memory as a result of drinking? () ()
- (18) Has your physician ever treated you for drinking? () ()
- (19) Do you drink to build up your self-confidence? () ()
- (20) Have you ever been to a hospital or institution on account of drinking? () ()
-

Drink In Auto Traffic

By Deets Pickett

IT IS SAID that those who are concerned about the alcohol problem are unable to recognize any other source of personal and social distress. This is not true. They do, however, earnestly believe that today, as never before, alcohol is a cause of causes; a factor in almost all factors of our social problems.

Take the matter of traffic, for instance:

Certainly drinking is not the only cause of highway accidents. Driving when one is sleepy or very tired is responsible for many deaths and injuries on the road. A driver who is "mad," who has been irritated by some other driver's lack of consideration, is an unsafe driver.

Drinking not only causes one-fourth of all the accidents to drivers and pedestrians on the public road, but it is frequently relieved of responsibility for accidents which are clearly chargeable to it.

It is quite often said that speeding is the greatest cause of highway wrecks, but what causes speeding? It is caused by over-confidence, carelessness and a reckless, take-a-chance attitude. This is one of the first effects of drinking alcohol. It suppresses normal caution and discrimination.

An accident may be due to the fact that a driver over-estimates his stopping distance. Stopping distance is composed of reaction distance plus braking distance. The time-lag between the driver's brain and his muscles is

increased by one drink or one bottle of beer and this increase may mean trouble.

Accidents are caused by careless turning of corners, by failure to stay in the proper lane or by a feeling of aggression which prevents yielding the road to others. All of this may be due to just one or two drinks. Drinking may be involved in practically every other accident cause and very frequently is. — From The Clipsheet, Washington, D.C., March 17, 1952.

Profits From Swiss Alcohol

MONOPOLY APPLIED, PARTLY TO TEMPERANCE

PROFITS from the sale alcoholic liquors by the Swiss national monopoly system to the amount of 10,237,687 francs, or 2.40 francs per capita of the population were allocated, in 1949-50, to "the fight against the causes and effects of alcoholism."

This amount, distributed among the cantons, was allocated, according to a report dated December 19, 1951, as follows:

	Fr.
1. Against alcoholism in general	249,702
2. Public instruction on the dangers of alcoholism	216,872
3. Non-alcoholic use of fruits and grapes	26,340
4. Aid to prisoners and interned persons after discharge	46,533
5. Aid in kind to poor travellers	13,191
6. Support of establishments for inebriates	516,238
7. Placing of children neglected as a result of alcoholism in the home	205,136
8. Support of establishments for persons in danger of becoming alcoholics	60,649

The attributions to the different purposes vary from one canton to another. But all the cantons grant substantial subsidies to the local abstinence societies and in most cases also to the Swiss antialcohol secretariat and the National League against fruit spirits.

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Among the speakers and seminar leaders are internationally known scientific and educational experts from both Canada and the United States.

At Victoria University, in the great group of colleges federated with the University of Toronto, Ontario, Canada .

Here the final honors and prizes in the Intercollegiate Editorial Contest of 1952, on "Can Education Solve the Alcohol Problem?", sponsored by Logan H. Roberts, Attorney and former College Secretary of the Association, will be announced, and personally awarded to those who attend.

For complete INTERCOLLEGIATE SCHOOL FOLDER of program, admission, costs and all details, write Intercollegiate Ass'n., 12 N. Third St., Columbus 15, Ohio.

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STUDENT

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THE INTERNATIONAL STUDENT

May, 1952

Vol. 49, No. 6

HARRY S. WARNER, *Editor*

Council and Representatives: Stanley F. Knock, Jr. (Yale Divinity School), Washington, D. C.; Samuel Campbell (Univ. of Toronto), Toronto, Can.; Roger S. Haddon (Bucknell), Phila., Pa.; Adolfs Silde (Univ. of Riga), Marburg, Germany; Bo Nielsson, Karolinski Institute, Stockholm, Sweden; Henry C. Jacobs (Hope College), Grand Rapids, Mich. *Contest Secretary*, Edwin H. Maynard, Chicago, Ill.

The Intercollegiate School of Alcohol Studies, at Toronto, August 24-29, will give opportunity to students and the leaders of students, to hear — and to talk personally with — some of the best experts on various aspects of the subject in Canada and the United States. From the background of their scientific knowledge and experience, they will lead thinking and discussion into an objective study of the phases most vital to students as well as those of modern every-day living.

* * *

The new book, **Alcohol, Culture and Society**, by Clarence H. Patrick, Ph.D., Professor of Sociology, Wake Forest College, N. C., just published by Duke University Press, offers the foundation for "A Balanced Understanding of the Alcohol Problem," as does no other book of the past thirty years. With such a book as a popular basis, renewed progress in constructive activities may be expected. For review, see page 193.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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Seeking A Balanced Understanding

OF THE ALCOHOL PROBLEM

By HARRY S. WARNER

LOOKING FOR "A New Approach" to the problems of alcohol that will be educational, objective, impartial and "modern," all in one perfect packet, various groups and writers, are taking the position that, today, the scientific attitude and a new scientific program alone can be real and lasting.

This trend, as now developing, is very significant. It is bringing into the educational field of this problem — high-school, college and the adult public — a new sense of the fundamental need of better understanding, and of an all-over study of what "drink" means, its trends and consequences in every-day living. This growing interest in objective study and free discussion should be supported and greatly enlarged. It should come to include all the major aspects of the problem and the creating of standards of evaluation. For out of such study, particularly in college communities, may be expected to come the philosophy, and much of the constructive activities of the future. Knowledge thus gained, convictions thus matured, and young personalities thus keen-edged by a desire for a frequent check-up with accumulating scientific research, may be expected to produce leadership in a new program that may justly be called scientific.

The All-Over Problem

Naturally, such a program of education will include an opportunity to study the Alcohol Problem as a whole, as well as its many specific problems and aspects; also, its close connection with other serious problems of today, as actually found in daily living. For the problem is **much more** than the Alcoholic, his tensions, his sickness, his rehabilitation. He is getting major attention, just

now, but he did not come out of a vacuum. He is the product of the culture in which he lives.

For, as Dr. Donald Horton, of Yale, said, "There must be a social and cultural situation which provides occasion and some degree of permission before the neurotic can even begin the process of becoming an alcoholic." And, as Dr. Jellinek said, "There is the problem of alcohol as well as the problem of the alcoholic."

A balanced program, therefore, of education—or of action—on the problem will be comprehensive enough to include all the main problems and aspects as they are found in everyday living today.

Outstanding among these, are the following:

1. **The Drinking Driver**, an openly obvious, concrete and realistic problem that is fully recognized everywhere. He may be regarded, also, as a symbol of the avoidable source of danger that is brought into traffic, industry and daily living by the varying degrees of intoxication accepted — and enjoyed — by individuals and their social group.

2. **The Alcoholic** — the 4,000,000 of them, men and women, 900,000 of them confirmed drinkers who cannot quit, if they want to; the "alcoholic sick" and the 3,000,000 heavy excessive drinkers, most of whom will die as such. They constitute probably the most serious and realistic of the various problems of alcohol.

3. **The Impact of Alcohol in Public Health**. The public responsibility for understanding and caring for these inebriates, setting up clinics, organizing hospitals, seeking the sources of the illness, identifying the factors that initiate and spread dependence on alcohol among unhappy, neurotic and immature personalities, is an imperative problem of modern public health, one of the four or five greatest.

4. **The Drunk on the Streets** — and what to do with him, is a continuous problem for the police and courts, for welfare agencies and clinics, wherever alcohol is widely used in a community. What to do with the stream

of "repeaters," is the Monday morning question of judges; for only the jail is open to drunks, yet modern scientific study insists that they should have separate — and humane — treatment, not that of criminals.

5. **The Tradition of Drink**, of personal and social enjoyment of the earlier stages of alcoholic effect, in the smaller amounts called "moderation," is found deeply embedded in the social customs and every-day living of a large part — perhaps one-half — of all Americans, and more than one half of the people of other Western nations. Approximately one-half in the United States and Canada, accept and approve, but the other half, more or less effectively, disapprove the custom. Should not this basic factor in our historic alcoholic culture, be examined, studied, and evaluated to determine what share it has in the initiation and growth of alcoholism and alcoholics? With society so divided as it is, such study must be made with great objectivity, freedom from pre-judgment, and in the light of the best scientific knowledge available. Although a controversial question, this problem can not rightly be overlooked in an all-over study of sources and consequences.

6. **The Continuous Resort to "Drink"** by millions, for relief from tensions, strain, fatigue, in the more serious degrees of "escapism," or habitual dependence on alcohol for what it gives or seems to give, is a real problem with many who do not, or can not, recognize their danger. Their line of excess is not known until it has been passed. And it continues to be a line of danger; for no scientific research has been able to find it.

7. **Legal and Social Control** of the production and distribution of beverages containing alcohol, has been a most difficult one for 300 years or more. The history of attempts to find effective ways is crowded with failures and half-failures, from the first license laws in England to the 21st Amendment. A great variety of systems has been and is being tried — restriction, limited hours, rationed sales, local option, state sale, state monopoly of sale, extremely high taxation as at present, limited and

general prohibition, social group pressure, racial and class standards and restrictions — yet, with each alone, the trend toward drunkenness and its consequences continues. Now the basic idea in each system that has come out of rough and tested experience, should be combined into a more comprehensive over-all program than has heretofore received the test of experience.

8. **Problems of Economic Gain.** At present, public opinion both wants alcohol and rejects it. This social ambivalence is an outstanding characteristic of present-day culture. It is found in drinking society, itself, where conduct varies from the accepted group standard. Out of this conflicting situation comes an opportunity for enlarged profits that can be gained by advertising that obscures, or evades entirely, the questionable characteristics — the tendencies to excess — that are essentially latent in the anesthetic — or narcotic — appeal of the alcohol product itself. As a result, commercial promotion is capitalized to the Nth degree, by the most highly priced techniques of modern advertising. Appealing thus to all who are nervously disordered, to the immature, to unhappy youth and to adults with tragic experiences in later years, the alcohol industry has become an industry that exploits for gain the “kinks” of human immaturity. Alcohol, as a great university physiologist has said, is “the only degrading drug being advertised today.”

A program of education and constructive service, to be realistic in the actual situation of today, must be comprehensive enough to include all the main factors of the total alcohol problem, especially, knowledge of the three chief sources: (1) Disturbed or immature personality; (2) the tradition of social drink and its prestige, and (3) the economic exploitation of the urge for alcohol, its spread in all elements of society and around those already under pressure to drink beyond their knowledge of consequences.

The Intercollegiate Association is doing an exceptional piece of work. I follow its activities with interest.—Quintus C. Wilson, Journalism, University of Utah.

Twelve Steps To Alcoholism

FROM RECENT SCIENTIFIC RESEARCH

ONCE A START has been made on the road to alcoholism, it becomes progressively harder to stop.

The drinker may find liquor becoming a habit, then a need, then an end in itself. The successive steps in the development of the alcoholic may follow each other unnoticed. The danger is that they will happen without being realized.

The successive steps as outlined by Dr. E. M. Jellinek, are based on averages. Some alcoholics combine two or more of these stages; others skip or telescope several of them. The steps listed are those usually taken — the average of many.

1. You Have Begun To Drink

Suppose you begin to drink at 20 years of age. You find that liquor can serve a friendly, social purpose. You have a cocktail now and then, a few beers, some wine. Your drinking follows no particular pattern, except that of the group — social or community — in which you live. Once in a while you take too much, but on the morning after can't stand the sight of liquor and after the hangover you are all right.

2. The Beginning of "Blackouts"

By the time you are 22 to 25, you are getting more or less drunk with some regularity. You are one of a crowd that likes to drink on week-ends. You do much of it but feel you can quit anytime you want to. Then comes the time when the usual number of highballs don't

Compiled and condensed from notes taken at various lectures by Dr. E. M. Jellinek of the Yale School of Alcohol Studies, and Associate Editor of the *Quarterly Journal of Alcohol Studies*.

See also *Phases in the Drinking History of Alcoholics*, an analysis, by E. M. Jellinek, Hillhouse Press, New Haven, Conn., 1946; "Thirteen Steps to Alcoholism," Morris T. Weeks, *Salute Magazine*; *The Voice*, Washington, D.C., Nov. 1950; and "From Social Drinker to Alcoholic," *The International Student*, Feb. 1951.

do the trick. You have several extra. Your tolerance has increased. Then the "black outs" — the first big warning signal. You wake up in the morning, recall that you were at Joe's home, but can't remember what you did, or how you got home. You remember everything to a certain point, nothing after that. This is not "passing out," drinking until you fall asleep. It is a form of amnesia, loss of memory.

3. Gulping and Sneaking Drinks

About this time, or a little later, you change from sipping drinks to gulping them. You want the "kick" more than you used to. During a party you sneak out to the pantry and gulp two or three "quick ones" or before the party you have a couple to be sure you will enjoy yourself. That sneaking has great significance.

At the same time you stop wanting to talk about what happened at parties or in bars when you were drinking. Though you used to enjoy discussing how much you drank now you get a bit irritated if the subject is even brought up.

4. Always Drink More Than You Intend

About two years after your first blackout, you find that almost every time you drink more than you planned. You go into the bar after work for a couple of quick ones and you are there at closing time. Or you go to a party and wind up drunk without knowing how it happened. You can still control whether or not you will drink, but, you cannot control the amount.

In addition to "loss of control" you behave extravagantly in money matters. You start buying things you don't need, and paying too much for them. You tip right and left; run up bills; pick up checks in restaurants. You are showing that liquor has helped you overcome a feeling of inferiority.

"Loss of control" is the red light — the basic or crucial phase of alcoholism. You stop right there or go on to a "compulsion" with serious behavior changes.

(Continued on page 182)

Twelve Steps To Recovery

FULLY TESTED BY A.A.

THESE ARE the steps to recovery that have made Alcoholics Anonymous famous because of the results they are obtaining in helping themselves and other alcoholics back to normal non-alcoholic living:

1. We admitted that we were powerless over alcohol — that our lives had become unmanageable.

2. Came to believe that a power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God as we understand Him.

4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.

8. Made a list of all persons we had harmed and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual experience as a result of these steps, we tried to carry this message to Alcoholics and to practise these principles in all our affairs.

TWELVE STEPS TO ALCOHOLISM

(Continued from page 180)

5. Always Have Excuses

Unless you understand your loss of control within another two years or so you will have begun to build up excuses for it. You tell yourself that you really **can** handle liquor, but it's your birthday, or the weather's bad, or you've had a bad day at the office — there's always a reason why you drink so much.

The fact is that now you feel guilty, at least unconsciously, about drinking. You won't admit its hold on you. You think people are criticizing you; you tell yourself you have reasons for drinking that they can't understand. You have begun to build up a structure of alibis, excuses, and falsehoods.

6. You Take Eye-openers

By the time you are 28, you begin to drink first thing in the morning to get started for the day. You take a drink because you don't want to face your job or family. You tell yourself that you **need** it. You feel depressed, shaky, or possibly guilty for the night before. The drink eases your conscience. It lifts your ego. Although you don't know it, it helps strengthen the process of self-deceit which is making you more and more dependent on alcohol.

7. You Drink Alone

Shortly after you begin drinking in the morning, you find that you really prefer drinking alone at any time of day. This is a very serious step. In fact, you have probably begun to drink alone because others are too critical of your behavior when you are with them. So you become an isolationist. You tell yourself, and believe it, that you have more fun that way anyway. What you cannot see now is that drinking has become a flight from reality into fantasy.

8. You Become Anti-Social

The next step is a violent one. You become destructive. You pick fights with strangers for no justifiable reason. You smash windows, tamper with parked cars, throw

rocks at lights, knock down signs. You kick dogs, beat your wife, or strike your children. Your desire to cause damage is as strong as hunger.

Or if you don't become destructive, you become extravagantly self-conscious — afraid of people; you are sure they are whispering about you. You spot a respectable stranger and sneeringly analyze his face, clothing, voice, behavior, and then, briefly you feel better.

All this is one more sign that drinking has numbed the higher faculties of your civilized personality. Then your social restraint goes, and you start acting like a savage. Eventually you may reach the level of an animal or a child where you are conscious of little except immediate wants. More and more you have drowned in alcohol your ability to judge between right and wrong. You realize this deep in your subconscious, and you have a growing sense of being inadequate, incompetent. But your remedy is more liquor.

9. You go on Benders

Now begins the acute stage of "compulsive" drinking. You are now a true alcoholic. This step comes from one to three years after you began drinking in the morning.

A bender is a period, usually several days, during which you drink blindly, helplessly, with just one goal — to get drunk. You forget family, job, responsibilities, and even food and shelter. You are alone with yourself and liquor. When the spell finally breaks you return to seeming sanity and swear, "Never Again:" and mean it — until the next time.

10. Deep Remorse and Resentment

Having thus proved to yourself that you have failed, that you are "no good," not really a man, you have periods of deep remorse and yet deeper resentment toward others. You can't believe the things you know perfectly well you have done. You know you are wrecking the lives of those around you. No one can condemn you as much as you condemn yourself. Yet, your only recourse is more drinking.

But this mood is temporary, for working against it is the deep-seated conviction that your drinking is blame-

less, that you have good reasons for it, but that nobody tries to understand them. When your self-excuses prove unequal to smothering your remorse, you give up that particular struggle. You stop resenting yourself, and start resenting others. It's all "their" fault, you tell yourself.

At this point you start falling into fits of unreasonable irritation over little things. Your wife forgets to wind the clock, your child leaves the door open, the neighbor's dog runs through your yard. You get furious and tell yourself grimly that now you will have a drink.

11. Deep Fears and Anxiety

Now at about 31 you feel deep, nameless anxiety. You begin to feel a vague but ever-present fear of retribution. You walk in terror, and you show it to the world by your trembling hands and vacant stare, your shaky steps and jumping nerves. You cannot light a cigaret, bring a cup to your lips, or tie your tie. People may call it "the shakes" but it is less a physical reaction than expression of fear.

Because you are so afraid you start to guard your liquor supply. Alcohol is the only thing you can turn to and you must have it handy. Not to have it would be worse than death. You become clever and persistent about getting and protecting your supply.

12. You Admit Defeat

Now at 35 to 40 you realize liquor has you licked. Perhaps you have awakened to find yourself in a hospital, brought there with the D.T.'s or because you stepped in front of an automobile. Perhaps you came out of a prolonged bender and suddenly know the truth. Perhaps you talked with someone whose opinion and counsel you still respect, and he made you see yourself as you really are.

Whatever it was that set off your reaction you accept the fact that your drinking is beyond your control. You admit that you can't help it, and that all your fine excuses and alibis are lies and self-deceit. You admit these things to yourself within five years after the nameless fear began — or you do not admit them to yourself at all.

(Continued on page 197)

Replacing Alcoholic Escapism

SINCE EMOTIONAL and other nervous and mental disorders are a main factor in the beginning and growth of alcoholism, education that seeks to develop good habits of mental hygiene may do much to advance physical, mental and social health to the place that alcohol is not wanted in normal living.

The following "Rules for Mental Hygiene," awarded first prize in a contest conducted by The Cleveland Academy of Medicine, are full of suggestions:

1. Have a hobby. Acquire pursuits which absorb your interest. Sports and nature are best.
2. Develop a philosophy. Adapt yourself to social and spiritual surroundings.
3. Share your thoughts. Cultivate companionship in thought and in feeling. Confide, confess, and consult.
4. Face your fears. Analyze them. Daylight misses ghosts.
5. Balance fantasy with fact. Dream, but do; Wish, but build; Imagine, yet face reality.
6. Beware of alluring escapes. Alcohol, opiates, and barbiturates prove faithless friends.
7. Exercise. Walk, swim, golf; muscles need activity.
8. Love, but love wisely. Sex is a flame which, uncontrolled, scorches; properly guided, will light the torch of eternity.
9. Do not become engulfed in a whirlpool of worries. Call early for help.
10. Trust in time. Be patient and hopeful; time is a great therapist.



Library, University of South Carolina

Two Intercollegiate Conferences

IN SOUTH CAROLINA

TWO STUDENT conferences, or Christian Action Seminars on Alcohol Problems, as they were called, were held in recent months in South Carolina. One, at Columbia College, Columbia, in cooperation with leaders at the University of South Carolina, in February, sought answers to certain questions listed in advance: "What are these problems that people are widely talking about—driving and drinking, alcohol and absenteeism, alcoholism? Why did North Carolina educators recently call alcohol the 'second most serious problem on the campus'?"

Seeking the scientific facts about beverage alcohol and a vital insight into the moral and religious significance of these facts, the conference had as speakers Dr. Wayne

(Continued on page 203)



University of Utah

Department Of Journalism Project

AT THE UNIVERSITY OF UTAH

A STRIKING new project in educational activity on the alcohol problem has been carried through successfully at the University of Utah, Salt Lake City, during the past winter quarter. It was a program of education in the Department of Journalism that included study and discussion of the latest scientific publications and other material on the problem, the writing of editorials by the class, the submitting of twenty-two of them to the Editorial Contests of The Intercollegiate Association on "Can Education Solve the Alcohol Problem?", and the preparation of articles and organization of a student-edited number of the magazine of the Utah State Board on Alcoholism.

The project was supervised by Professor Quintus C. Wilson, Chairman of the Department of Journalism, who writes:

"University of Utah students gained immensely from

their experience in writing the editorials entered in the contest. Keep us informed regarding the contests of 1953."

One significant feature of this project, in addition to the study that necessarily preceded the writing of the editorials and the entry of twenty-two of them in the International Contest culminating at the Intercollegiate School of Alcohol Studies, at Toronto, in August, is the publication of student writing for public reading and service throughout Utah by the magazine of the State Board.

In addition, the University of Utah is holding a special Workshop on Alcoholism during the coming summer session.

Drinking Among High School Students

A Study to Aid Instructors

By ARTHUR D. SLATER

THE STATE BOARD on Alcoholism and the Utah Committee on Alcoholism for several years have been fostering cooperatively a program of education for high-school students on problems associated with the use of intoxicating beverages. An effort has been made to keep the approach factual and in accord with current concepts of educational method.

Schools in and near Salt Lake City have used speakers and visual aids in various courses — Health, Social Science, Psychology. Throughout the state educational efforts have been limited largely to assembly programs with the entire student body in attendance.

The value of such programs in permanent effect upon the students, is not certain. Are attitudes toward the

Greatly condensed with summary in full, from "*A Study of the Use of Alcoholic Beverages Among High School Students in Utah*," by Arthur D. Slater, M.S.W., Assistant Executive Director, Utah State Board of Alcoholism; published by *The Quarterly Journal of Studies on Alcohol*, March 1952, 78-86.

use of intoxicating beverages changed? Is the curiosity of students aroused so that they are encouraged to study further? Can these activities prevent anyone from becoming an alcoholic? Reliable answers to such questions cannot yet be formulated, but principals, teachers and students in conversation and letters have expressed satisfaction with the unbiased approach being made.

Although the effects of present educational activities cannot now be measured precisely, it seems desirable to investigate the actual drinking practices and attitudes of high-school students. Such information might reveal areas where effort could be most usefully directed and provide guidance in planning educational programs. Ultimately it might help answer the question of effectiveness, if comparison with future adult behavior should be possible.

In the survey five schools, believed to represent a cross section of the population, were selected for study — two small schools in rural areas, one middle-sized in a mining district, one larger than average serving two-thirds rural and one-third middle urban population, and one large city school serving the children of business and professional people and skilled mechanics. Questionnaires were administered by principals and teachers and stress given to insure anonymity of replies, the students being asked not to sign their completed papers. The results were carefully compiled into statistical tables with full explanations of details, and summarized as follows:

Summary and Conclusions

“Among 1,177 students in Grades 10 and 12 in five high schools located in different parts of the State of Utah, 20 per cent of the girls and 44 per cent of the boys reported that they sometimes drank alcoholic beverages. At least 32 per cent of the girls and 59 per cent of the boys who reported that they drank had at some time indulged in drinking under circumstances presumably unapproved by parents, e.g., in automobiles. The majority of students checked social motivations for drinking but 17 per cent thought drinking might aid in forgetting

(Continued on page 196)



Dr. A. B. B. Moore
President
Victoria University



A Midsum

Greetings To

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Toronto, A

FROM THE PRESIDENT OF VICTORIA UNIVERSITY

I am very happy, as President of Victoria University, to welcome the Intercollegiate Association Summer School to our campus. All my colleagues on our staff join me in wishing for you a most successful School. We hope your sessions will be both pleasant and profitable and that you will find the accomodations adequate for your purposes.

We are delighted to have some small share in your significant progress.



w at Victoria

Intercollegiate

ol



Dr. Sidney Smith
President
University of Toronto

24-29, 1952

FROM THE PRESIDENT OF THE UNIVERSITY OF TORONTO

Bienvenue: Welcome: Welcome to Toronto. The name
"Toronto" is derived from an Indian word
meaning "meeting place."

We of the University of Toronto are looking forward to the holding of the Intercollegiate School of Alcohol Studies on the campus of one of our federated institutions during August. Objective, unprejudiced study of the problem of alcoholism in modern living is surely the most promising approach to the solution of the problem.

May, 1952

Relative Social Disorders Studied

AMONG DRINKERS AND NON-DRINKERS

IN SWEDEN

A REPORT of recent study of the liquor situation in Sweden calls attention, first, to the fact that alcohol is used on a much smaller scale and with less abandon, than fifty to 100 years ago, and, second, to certain disturbing trends among a part of youth and the residents of the larger cities.

This report is said to be the most thorough and exhaustive of its kind ever made in Sweden.

The statistical material brings out, especially, the connection between heavy drinking and crime. During the period, about ten percent of the adult population incurred some kind of public reprimand or penalty that had to do with liquor. This ten percent was responsible for fifty-five percent of all crimes of record during the ten years. Criminality and the need for social aid in cases of emergency were about one-half as great among non-drinkers as among moderate drinkers, and one-tenth as among heavy habitual drinkers.

Since the middle of the 19th century, says the report, the percapita consumption of alcohol has declined more than one-half. This is due primarily to the temperance movement and to strict control of sales, which, since the first world war, has been under a national rationing system. During this time, a change in heavy drinking has occurred. Last century the heaviest drinking was largely rural, and often associated with poverty. Today the rural districts show the lowest figures in drinking. Heavy drinking is now most prevalent in a middle stratum of well-paid workers, salaried employees and minor officials. There is a tendency toward larger consumption among young people, and it is most pronounced in the higher income groups.

(Continued on page 195)

Condensed from *News From Sweden*, a bulletin of the American-Swedish News Exchange, Inc., New York, N.Y., February 13, 1952.

A Book That Taps The Tap – Root

An Editorial Review

IT IS THE PRIVILEGE of a decade, to this writer, to review the new book, "**Alcohol, Culture and Society**," by Clarence H. Patrick, Ph.D., published March 26, by Duke University Press. For there has been particular need for such a book ever since the First Yale School of Alcohol Studies in 1943. At that School Professor Patrick and I talked frequently of the need for particular study of those sources of the total alcohol problem treated in this book, as we shared the experiences of that great research-center for new insights into the problem.

Frankly, it is hard to be objective, for here is the book I — and others — have been waiting for. It fits the need of today. Dr. Patrick, now Professor of Sociology at Wake Forest College, North Carolina, has done a magnificent job.

Here is a book that really brings out the larger aspects of the problem of beverage alcohol in human living — the whole, or major part at least, the meaning of popular resort to the anesthetic drug, alcohol, as a factor in society, and traces the reasons for its use from savage days to present times. And the book does it in easy, yet scientifically sound and modern form.

For ten years or more, there has been appearing a flood of books on alcohol problems — one-aspect, one-sided, one-purpose, books — on dealing with "alcohol," "the alcoholic," his personality, his rehabilitation; the physical consequences and psychological sources of heavy drinking and alcoholism; the economic cost and the human waste of drunkenness. They are useful books, some of them most useful because of the particular field

Alcohol, Culture and Society, by Clarence H. Patrick, 1952; price \$3.00. Published and for sale by Duke University Press, Durham, N. C.

they cover. But in "Alcohol, Culture and Society," Professor Patrick gives us an all-over view of the larger situation as it is today, including the various sources, conflicting needs, motivations and trends that make the problem all it is today.

Of most significance, perhaps, is the understanding, frequently minimized in other recent books, that "the use of such beverages is largely a cultural phenomenon," and that "to seek a clearer understanding of the nature and extent" of the prevalence and forms of its use, is consequently a constructive service. Tracing "drink" down through the ages as a tradition, and as found in the mores of a part of modern society, the book recognizes that alcohol occupies the place it does, largely because it supplies a cultural need. But he has studied, also, the other aspect of this sociological need — that most writers have overlooked — that alcoholic beverages may not perform the function that they are supposed to perform. They may or may not be supplying the needs of man; they may be having harmful unintentional consequences on both individual and group life; they may have outlived their usefulness.

The chapter heads give a realistic outline of the book:

"A Cultural Approach

"Some Drinking Customs of the World: Past and Present

"Why Mankind Uses Alcoholic Beverages

"The Effects of Alcohol on the Individual

"The Effects of Alcohol on Society

"Toward Social Control."

The place that alcohol occupies, the "ambivalence" of the demand for it, is suggested in such quotations, as the following:

"It is generally agreed that moderate drinking is largely a matter of the prevailing custom of a group or society. . . . In fact, the evidence seems to indicate that all drinking, both moderate and excessive, is mainly a matter of the customs and traditions of groups and societies. . . . The problem of understanding the use of alcohol, is essentially one of understanding human be-

havior, which is mainly learned behavior, cultural behavior."

Referring to the insecurities that individuals feel today, as well as the biological weaknesses, psychological handicaps, and tensions of the struggle to make a living he accepts the idea that man "must do something to relieve himself of anxiety. What does he do? That will depend largely upon the customs of the group or society in which he lives." In one, alcohol is a ready-made method; in another, religion, with others in between. "There are many methods . . . but the usually employed are only those that are socially established and sanctioned."

In the United States, it is indicated, there are two conflicting mores, even in the same community. Fashion and advertising often influence the choices that are made between them.

In the chapter on "Why Man Uses Alcohol," Dr. Patrick has attempted "to present fairly and accurately various theories which have been advanced as answers, and then an endeavor has been made to show the inadequacy of those theories." His conclusion is that "the determining factor in the use of alcoholic beverages is culture." But he emphasizes: "This does not mean that other factors, such as physical, biological, and psychological forces, are not involved. To some degree all enter into the total situation."

It must be added, that the chapter on "Toward Social Control," offers a substantial base on which to build many constructive activities for the future.

RELATIVE SOCIAL DISORDERS

(Continued from page 192)

An analysis of conditions in Sweden compared with those in other countries is to be submitted in a later report of the committee. Referring to statement in a survey of the United Nations, a year ago, that Sweden and the United States have the greatest number of alcoholics in the world in proportion to population, the report claims that this can not be accurate, but that

statistics in Sweden and America are more complete than those of other countries.

Later this year, the committee will present recommendations to answer the question whether the present rationing system should be continued or not. Under this system, based on public monopoly, only adult men and unmarried women are entitled to purchase distilled liquors. Upon application, they receive a passbook which allows them to buy from one to three litres of hard liquor a month; wine, they may also buy, in virtually unlimited quantities.

Ever since the rationing system was introduced four decades ago, its merits and demerits have been widely discussed. In recent years various forces have joined to oppose it, on the ground that psychologically it tends to induce the greatest possible consumption of alcoholic liquors. There is a wide illegal trade among young people who do not have passbooks. In the age group 15 to 18 years, drunkenness today occurs three times more frequently than it did twenty years ago.

It has been found that people, who as children had unsatisfactory homes, children of divorced parents, children born out of wedlock and those who have been inmates of correctional institutions are more frequently excessive drinkers than others. And, on the other hand, for young people who are active in sports, educational and political groups, etc., the statistics are five times more favorable than for those who do not belong to such groups.

DRINKING AMONG HIGH SCHOOL STUDENTS

(Continued from page 189)

troubles and 7 per cent thought it might have physical benefits. More preferences were checked for beer than for whisky or wine, a possible reflection of experience rather than taste. The mean age at first drinking for both boys and girls was 14.5 years but a substantial number reported having been introduced to alcoholic beverages at or before age 12. The proportions of students who drank were approximately equal to the proportions of parents

of the same sex who drank with the knowledge of the students. Among younger students a far greater proportion reported drinking than approving of social drinking, while among the older students a somewhat higher proportion approved of social drinking than reported participation in drinking.

"It is concluded (a) that education on alcohol problems should be initiated in junior rather than senior high school grades and (b) that further exploration of the drinking practices and attitudes of adolescents is required in order to guide professional educators in designing techniques, devising materials and formulating effective programs."

TWELVE STEPS TO ALCOHOLISM

(Continued from page 184)

You Need Help

You are in your late thirties or early forties and you must get help or go under. You are a shambling haggard, twitching shell of what once was a man. You have thrown away love, respect, friendship. You have lost job, home, future. Your one solace, the bottle has proved false.

You are sick beyond imagining. You can be made well, but it will need your own strength plus that of other people, plus time, plus the **certain knowledge that you can never touch alcohol again.**

Your one hope for a new life lies in facing the facts and admitting that outside help is necessary. Since you have admitted by this time that you are powerless over alcohol and that your life has become unmanageable, it will next become necessary for you to believe that power greater than yourself can restore you to sanity. Help in acquiring this belief can come from a minister, or from Alcoholics Anonymous.

If you don't want to accept help from some outside person, and from a Supreme Power, you can take the next step — the gutter in Skid Row, where you will either die, or be picked up by the police or one of the mission workers.

Institute Of Alcohol Education

AFTER THREE years of successful and popular teaching of college courses on the Alcohol Problem, under the leadership of Prof. Joseph B. Price, Millsaps College, Jackson, Mississippi, has announced a Summer Institute for all citizens whose work or interest brings them into contact with the problems of alcohol and alcoholism, on the highway, in the school room, the church, the factory, the jail, the hospital, or the home. The dates are, June 23 - July 3, 1952, and the course offers college credit of three semester hours.

The schedule includes nine lectures by Dr. Leon A. Greenberg of Yale, on the basic scientific subjects, such as: "The Metabolism" and "The Physiology of Alcohol," "Psychological Effects," "Motives for Drinking," "The Problems of Alcoholic Beverages in Society," and "Alcohol and Heredity."

Five faculty members at Millsaps, who have given special attention to Alcohol Education in recent years, will lecture on "Drinking in Different Cultures," "Social Attitudes Toward Drinking," "Alcohol and Crime," "Systems of Control," "Alcoholism and Industry," "Alcohol Problems and the Church," and other vital current aspects.

Three lectures on Education on the Problem, in the Schools and the State, and methods of developing programs, by Mrs. Vashti Ishee Cain, of the Mississippi State Department of Education, a Yale Summer School lecturer, follow naturally, and for preventive educational service, the scientific material of the preceding lectures as does the final lecture, "Steps in Community Program," by Dr. J. B. Price.

The last two days are given wholly to seminars, organized to fit the interests of those attending. An examination follows, and a final "Evaluation of the Course" session.

The INTERNATIONAL STUDENT has been of interest to and enjoyed by our faculty and students.—Library, University of Miami, Fla.

Psychological Approaches

TO THE PROBLEM

By A. S. ROUX

AN EXACT DIFFERENTIATION between moderate drinkers and alcoholics is rarely possible. Borderline cases are frequently encountered. Such cases may be progressing toward alcoholism, yet cleverly succeed in hiding this fact from themselves and from others about them.

In addition, every case of alcoholism offers its own particular problems. Although similarities between alcoholics can be discovered, large individual differences also abound; these lend support to the conviction that each case is unique. Owing to these unique qualities in every case of alcoholism the concept "alcoholism" can be defined only tentatively.

Definitions

Definitions are colored usually by the author's special approach. Thus Bleuler contends that any person who through his drinking harms himself and his family, and who refuses to recognize this fact, or who lacks the will or the strength to give up drinking, should be regarded as an alcoholic. Henderson and Gillespie are of opinion that the "abnormal drinker" is one who cannot adjust himself to reality without the aid of alcohol. Hollander refers to the craving for alcohol and regards this as the principal characteristic that distinguishes the alcoholic from the normal drinker. Durfee shows that the "problem drinker" is distinguished not so much by the quantity of liquor he imbibes during each drinking bout as by "the degree to which his drinking has become a social and personal problem to him." Maslow and Mittelman refer to the twofold nature of the problem of alcoholism, viz.,

Professor A. S. Roux is a member of the faculty, Department of Psychology, at the University of Pretoria, South Africa. This article is condensed from a paper read at the National Conference on Alcoholism, in Pretoria, November 2-21, 1951.

its personal and its cultural nature. According to these two authors, we have a case of alcoholism, first, when the individual drinks immoderately, is unable to do without liquor and is detrimentally affected by it; and, secondly, when the group, the people he has to live with, disapprove of the way he drinks. These various definitions may be summarized as follows:

"An alcoholic is one who is no longer able to get along without alcohol and who uses liquor as an escape from his problems. This occurs in such a way that he harms himself and others by his drinking habit."

Causative factors are mainly of two kinds, viz., social-psychological factors and personal factors. Under causation we dealt with:

(a) **Escape from Reality.** — Reference was made to the operation of two kinds of reality, viz., external reality and internal reality. Modern civilized man is threatened more particularly by inner reality. This threat gives rise to —

(b) **A Feeling of Frustration.** — Civilized man is frustration-conscious. This frustration-consciousness results in an escape from reality. The degree to which man is able to resist frustration will depend on his frustration-tolerance. Emotionally immature persons have a low frustration-tolerance. This defective frustration-tolerance generates —

(c) **Anxiety**, which plays a very important part in modern life and contributes much towards inebriacy. Alcoholics Anonymous helps the alcoholic to sublimate such anxieties.

Personality Traits

There is probably no pre-alcoholic personality. The so-called alcoholic personality is a result rather than a cause of an individual's inebriacy. But alcoholism is a symptom of personality disorganization.

We have already pointed out that every case of inebriacy offers a unique problem. This is in accordance with modern views, e.g., those expressed by Wexberg and by Southerland, Schroeder and Tordella. These writers are rather sceptical about the possibility of a

pre-alcoholic personality. In other words, it is improbable that certain personality traits will predispose a person towards becoming an alcoholic. This view is also in accordance with an opinion expressed by Wexberg that alcoholism should not be regarded as a "disease." Formerly, when the alcoholic was usually regarded as a wicked person, a number of liberal thinkers tried to enlist public sympathy for inebriates by raising the slogan that "alcoholism is a disease." Wexberg, after analyzing this theory, shows that it is invalid. Today the public tends to view alcoholism as a **symptom** of some more fundamental disturbance. As the background factors, the true significance of an individual's alcoholism, will vary from one person to the next, we should continuously guard against generalizations. If certain general characteristics are found among alcoholics, these should be attributed to the **effects** of the alcohol, and should not be regarded as clearly **causative** factors.

The following personality traits were discussed:

"(a) **Sex Life.** — It is dubious whether homosexual tendencies have a universal occurrence among alcoholics.

"(b) **Emotional Phenomena.** — The chief of these are anxiety feelings, a sense of isolation and a need for acceptance."

Another frequent emotional factor is the feeling of isolation and of being dealt with unjustly. During the advanced stages of inebriacy the alcoholic seems to regard himself as a social outcast. This realization results in a distrust of his fellow men. He then regards the efforts of those who want to help him as meddling with his private affairs. Because of his feelings of insecurity and inferiority he believes that he is despised by everybody and that those who offer assistance are trying to humiliate him. This explains why abuse, threats and warnings do not result in improvement. Such an approach merely aggravates the alcoholic's sense of isolation and increases his anxiety. But this feeling of being an outcast has one redeeming feature: it makes him open to conviction by **ex-alcoholics who have rehabilitated themselves**. The alcoholic feels that the ex-alcoholic is a person who knows what he is speaking about, and for this

reason he frequently places more confidence in such a person than he would in one who has a much wider scientific knowledge of the problem. He feels that, in spite of his many faults, some one understands and forgives him — someone who, from personal experience, knows how much he suffers. Brown puts the need as follows: "The crying need of the alcoholic is for acceptance; upon that everything hinges — the resolution of conflicts, the attainment of better insight into the goals of his behavior patterns, the working through of disturbing or perplexing reality patterns." **Alcoholics Anonymous** satisfies this need for acceptance. They make him feel at home. They reinforce his sense of self esteem and inspire him with hope for the future.

The Psychopathic Alcoholic

Psychopaths are distinguished mainly by serious defects of and disturbances in emotion and by all kinds of social maladjustments. Under the influence of liquor the psychopath is frequently given to fantastic, dissipated and repulsive behaviour. It seems as though little can be done for these people.

The Female Alcoholic

Alcoholism in the woman results in more serious personality disturbances than it does in the male, and there seems to be an intimate connection between female inebriety and immoral conduct.

Conclusion

In our country there is a serious need for research on alcoholism. The desirability for co-ordinating research work should also be considered, as co-ordination will ultimately enable us to get a more comprehensive perspective of the problem. This aim can be served by instituting a central co-ordinating body. Such a body should not only be concerned with the organization of scientific research but should also disseminate public information. The point of departure would be prevention rather than cure, for by the time an inebriate has been certified as such the decline in his personality has usually assumed such proportions that little can be done to rehabilitate

him. The institution of clinics where inebriates can be helped during the initial stages of their addiction will contribute a great deal towards the solution of alcoholism as an individual problem.

TWO INTERCOLLEGIATE CONFERENCES

(Continued from page 186)

W. Womer of Virginia, Assistant Director of the Yale Summer School of Alcohol Studies; Sgt. Billy Fallou of the State Highway Department, and Lt. Cal T. Hambree of the Traffic Division of the Columbia Police.

With daily seminar discussion, the cooperation of Howard G. McClain of the State Christian Action Council, and a student forum on "Campus Action," the conference was both realistic and effective.

The second conference of college students, in April, at Benedict College, Columbia, had the same basic objectives, problems and program. The speakers included Dr. Moses N. De Laney of Shaw University, Raleigh, N. C., a recent member of the Yale School, who spoke on "Students Face Alcohol Problems Today," and "Toward Solution"; Lt. Cal T. Hambree, who gave an address and a demonstration of the Drunkometer, and Mr. J. T. W. Mims. The discussion of the students centered on what students have done and can do on college campuses.

Both groups encouraged writing in the Roberts editorial contests of the Intercollegiate Association and are planning representation at the Intercollegiate School at Toronto in August.

"As college students we are interested in the part education may have in the solution of the alcohol problem. Through writing on the topic 'Can Education Solve the Alcohol Problem?' some of us have come to realize the advantage of having a well planned approach to the problem."—Reane Hill, Millsaps College, Miss.

The February INTERNATIONAL STUDENT is outstanding in the quality of its contents. I congratulate you. The article, "Seeking Social Acceptance," by Roderic Covey, should be passed as far as possible.—H. H. Donnenworth, Calif.

I am always impressed by your uncanny strategy in writing for those to whom our failing hands must soon pass the torch.—XYZ, Calif.

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Recent Publications

Recommended because of scientific understanding objectivity,
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Abridged Lectures, Yale School of Alcohol Studies, first session. The basic scientific information condensed in popular, non-technical language; nineteen lectures by leading psychologists, physiologists, sociologists, health authorities—all experts, treating current phases of the problem—as understood today.

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